



## CORE - OPEN GYM SCHEDULE



### Monday 4/15

Bar None	9am-10am	Court 1 East
Stroller Strides	9:30am-10:45am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Body Pump	6:15pm-7:15pm	Court 1 East
Softball Rental (no cages)	7pm-8:30pm	Court 3
Private Basketball Rental	8pm-10pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Friday 4/19

Power Cardio	9:15am-10am	Court 1 East
Stroller Strides	9:30am-10:45am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Tuesday 4/16

Bootcamp	5:30am-6:30am	Court 1
Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Stroller Strides	9:30am-10:45am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
OQMS Softball Practice (with cages)	2:30pm-4:30pm	Court 3
Open Gym (All Ages)	3pm-8pm	Open Courts
Team Weight Loss	6pm-7pm	Court 1 East
Dodgeball and Pizza	6pm-8pm	Court 3
Private Basketball Rental	6pm-8pm	Court 1 West
Softball Rental (no cages)	7pm-8:30pm	Court 2
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Saturday 4/20

Bootcamp	8am-9am	Court 1
Open Gym	8am-8pm	Open Courts
All StarSuper Sports	9am-9:45am	Court 3 East
Zumba	9:15am-10:15am	Court 1
All Star Basketball	1pm-2pm	Court 3 East

### Wednesday 4/17

Strength Embrace	8am-8:45am	Court 1 East
Body Pump	9am-10am	Court 1 East
Stroller Strides	9:30am-10:45am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
Senior Egg Hunt	1pm-5pm	Court 1
Open Gym (All Ages)	3pm-8pm	Open Courts
Pickle Ball	5pm-8pm	Court 2
Beginners Adult Pickle Ball	5:45pm-6:45pm	Court 1 West
Body Pump	6:15pm-7:15pm	Court 1 East
SEASPAR Wheelchair Basketball	6:30pm-8pm	Court 3 East
Advanced Adult Pickle Ball	6:45pm-7:45pm	Court 1 West
Adult Basketball League	8pm-9pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

**Open Gym Free for Residents 3pm-6pm**

### Thursday 4/18

Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Stroller Strides	9:30am-10:45am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Team Weight Loss	6pm-7pm	Court 1 East
Basketball Rental	7:30pm-9pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Sunday 4/21

Open Gym	8am-8pm	Open Courts
Pickle Ball	5pm-8pm	Court 3

**Open Gym Free for Residents 9am-12pm**

### Additional Information

**Core Members** - Courts can be used anytime they are available & during age appropriate Open Gym times. No supervision is required for CORE Members.  
**Open Gym Pass Holders** - Can use pass during the age appropriate Open Gym times. Can also participate during CORE Member only times as long as CORE Member is directly supervising them. Supervision is always required.  
**Walk-ins** - Have access to the field house during age appropriate Open Gym posted times only. Supervision is always required.  
**Open Gym Sessions** - Each Open Gym session will require a payment/check-in for each session listed.

**Schedule is subject to change**