



CORE - OPEN GYM SCHEDULE



Monday 5/20

Bar None	9am-10am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
LAC Basketball Rental (Bring out rack of chairs)	6pm-7:30pm	Court 3
Body Pump	6:15pm-7:15pm	Court 1 East
Private Basketball Rental	8pm-10pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Tuesday 5/21

Bootcamp	5:30am-6:30am	Court 1
Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Team Weightloss	6pm-7pm	Court 1 East
Private Basketball Rental	6pm-8pm	Court 1 West
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Wednesday 5/22

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

Open Gym Free for Residents 3pm-6pm

No Open Gym from 6:30pm-7:15pm

Thursday 5/23

Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Rainout Location St Cyril	9am-3pm	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Team Weightloss	6pm-7pm	Court 1 East
Basketball Rental	7:30pm-9pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Friday 5/24

Power Cardio	9:15am-10am	Court 1 East
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

Saturday 5/25

Bootcamp	8am-9am	Court 1
Open Gym	8am-8pm	Open Courts
Zumba	9:15am-10:15am	Court 1
Girl Scouts	4:30pm-8pm	Court3

Sunday 5/26

Open Gym	8am-8pm	Open Courts
Pickle Ball	3pm-6pm	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