



CORE - OPEN GYM SCHEDULE



Monday 9/2

Open Gym (All Ages)	9am-12pm	Open Courts
Pickle Ball	9am-12pm	Courts 2 and 3

Happy Labor Day! CORE hours 7am-12pm

Friday 9/6

Power Cardio	9:15am-10:15am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
Open Gym (All Ages)	3pm-8pm	Open Courts
Super Sports	3pm-4:45pm	Court 3 East
Floor Hockey	5pm-6pm	Court 3 East
Floor Hockey	6pm-7pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Tuesday 9/3

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

Saturday 9/7

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

Wednesday 9/4

Strength Embrace	8am-8:45am	Court 1 East
Body Pump	9am-10am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
OQMS Badminton Practice	2:45pm-3:45pm	Court 1
Open Gym (All Ages)	3pm-8pm	Open Courts
Pickle Ball	5pm-8pm	Court 2
Body Pump	6:15pm-7:15pm	Court 1 East
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Open Gym Free for Residents 3pm-6pm

Sunday 9/8

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

Open Gym Free for Residents 9am-12pm

Thursday 9/5

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

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