



## CORE - OPEN GYM SCHEDULE



### Monday 9/9

Better Bar None	9am-10am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
Open Gym (All Ages)	3pm-8pm	Open Courts
Volleyball Clinic	5:30pm-7pm	Court 3
Body Pump	6:15pm-7:15pm	Court 1 East
Basketball Rental	8pm-10pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Friday 9/13

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
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Tuesday 9/10

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 2 and 3
Open Gym (All Ages)	3pm-8pm	Open Courts
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Saturday 9/14

Open Gym	8am-8pm	Open Courts
Bootcamp	8am-9am	Court 1 East
Kids First Basketball	9am-11am	Court 3 West
Zumba-A-Thon (Rainout Location)	9am-11am	Court 1

### Wednesday 9/11

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
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

### Sunday 9/15

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

Open Gym Free for Residents 3pm-6pm

Open Gym Free for Residents 9am-12pm

### Thursday 9/12

Stroller Strides	5:30am-6:30am	Court 3
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
Beginner Pickle Ball	5pm-6pm	Court 3
Advanced Pickle Ball	6pm-7pm	Court 3
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**