



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE SEPT 2019

Wellness Schedules Ages 14 and Above*

- AOA
- Aqua Exercise
- Cardio & Strength
- Cycle
- Dance Fitness
- Yoga
- Barre, Pilates & Tai Chi
- Net Sports

KEY	
WS	Wellness Studio
RR	Reflection Room
CR	Cycle Room
◆	Ages 8-13 Can Attend w/Adult
*	Ticket Required
\$	Fees Associated
	Class Change/New Class

Updated 7/19/2019

ACTIVE OLDER ADULTS

MON	TUES	WED	THURS	FRI	SAT	SUN
		AOA Step 7:00-8:00AM Sue WS	AOA Circuit 8:00-9:00 AM Sue Gym 2	AOA Step & Strength 7:00-8:00 AM Bill WS		
AOA Chair Strength 8:00 – 9:00 AM Maria Gym 1	AOA Yoga 8:15-9:15 AM Tara RR	AOA Chair Strength 8:00 – 9:00 AM Sue Gym 1	AOA Yoga 8:15 –9:15 AM Jessica RR	AOA Chair Strength 8:00 – 9:00 AM Sue Gym 1		
	Zumba® Gold 9:30-10:30 AM Kristin Gym 2		Zumba® Gold 9:30-10:30 AM Holly Gym 2			
	AOA Strength 11:00-12:00 PM Sue/Stephanie Gym1/WS		AOA Strength 11:00-11:45 AM Jo WS	Moving for Better Living 11:00-12:00 AM Deborah Gym 2		Tai Chi 11:45-12:45 PM Stefanie WS
		AOA Yoga 12:15 - 1:30 PM Laurel RR	Stretching 12:30 - 1:30 PM Laurel RR	AOA Yoga* 11:00 - 12:00 PM Yella RR	Meditation 11:30 - 12:45 PM Carrie P RR	Tai Chi - First Section 1:00-2:00 PM Stefanie WS
Zumba® Gold 12:30-1:15 PM Joan WS	Tai Chi - All Sections 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	Tai Chi 2:15 - 3:25 PM Richard WS <i>Prior Experience Recommended</i>	Tai Chi - Third Section 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>			
AOA Yoga 1:45—2:45 PM Yella RR	AOA Chair Yoga 3:30 - 4:30 PM Laurel WS		Tai Chi - First Section 3:15-4:15 PM Stefanie WS			

AQUA EXERCISE AND REHAB

MON	TUES	WED	THURS	FRI	SAT	SUN
Water Walking 6:45-7:45 AM <i>Individual Activity</i>		Water Walking 6:45-7:45 AM <i>Individual Activity</i>		Water Walking 6:45-7:45 AM <i>Individual Activity</i>	Arthritis & Injury—Aqua Fitness 7:45-8:45 AM Cheryl/Joan/ Ralph	
Aqua Fitness 8:45-9:45 AM Stephanie	Aqua Fitness 8:45-9:45 AM Hsiaoling	Aqua Zumba® 8:45-9:45 AM Terrin	Aqua Fitness 8:45-9:45 AM Terrin	Aqua Zumba® 8:45-9:45 AM Chris L.		
Water Walking 12:15-1:10 PM <i>Individual Activity</i>	Aqua Zumba® 12:15-1:10 PM Hsiaoling	Water Walking 12:15-1:10 PM <i>Individual Activity</i>	Aqua Zumba® 12:15-1:10 PM Chris	Water Walking 12:15-1:10 PM <i>Individual Activity</i>		
Arthritis & Injury—Aqua Fitness 1:15-2:15 PM TBD	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Ralph	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM TBD	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Joan	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Cheryl/Joan / Ralph		

CARDIO & STENGTH

MON	TUES	WED	THURS	FRI	SAT	SUN
H.I.I.T.— Express 5:45– 6:30 AM Ryan WS	Strength Training— Express 5:15 - 6:00 AM Connie WS	Boot Camp— Express 5:15–6:00 AM Connie Gym 1 & 2	Circuit Training— Express 5:30–6:15 AM Micha WS	Total Body Conditioning 5:30–6:15 AM Amanda WS		
		AOA Step 7:00–8:00 AM Sue WS	Strength Training 8:00 - 9:00 AM Gretchen WS	AOA Step & Strength 7:00–8:00 AM Bill WS		
Step 8:45–9:45 AM Jo WS	Strength Training 8:00–9:00 AM Sue WS	Power Box 8:15– 9:15 AM Tracy WS		Interval Training— Express 8:00 - 8:45 AM Tracy Gym 2/WS	R.I.P.P.E.D.® 8:00 - 9:00 AM Kitty WS	
	Insanity® 8:45–9:30 AM Lucy Gym 1	Step* 9:45–10:45 AM Sue WS	Interval Training* 9:45–10:45 AM Jo WS	Tabata Bootcamp* 9:30 - 10:30 AM Emily/Tammy WS	Strength & Conditioning* 9:15 - 10:15 AM Wendy WS	Strength Training* 9:30–10:30AM Kitty WS
	Strength & Conditioning* 9:45–10:45 AM Holly WS	POUND® 10:30–11:15 AM Chris L/Kristin/ Holly Gym 2	Insanity® 9:40–10:30 AM Lucy Gym 1	Core Strength— Express 9:30–10:15 AM Gretchen Gym 1		POUND® * 10:30–11:30AM Kitty WS
Outdoor Bootcamp 10:00–11:00AM Emily Meet in Lobby	Circuit Training 9:45 - 10:45 AM Tammy/Monica Gym 1	Outdoor Boot Camp 10:00–11:00 AM Tracy Meet in Lobby				
Circuit Training 11:15–12:15 PM Lucy WS		H.I.I.T.* 11:15–12:15 PM Lucy WS		Circuit Training* 11:15–12:15 PM Lucy WS		
Step - Beginner— Express 5:00 - 5:45 PM Rosemary WS	H.I.I.T.— Express* 6:15 - 7:00 PM Amanda WS		Circuit Training - Beginner 5:00 - 6:00 PM Yaz WS			
Power Box 6:00– 7:00 PM Paige WS	STRONG By Zumba® 6:45 - 7:45 PM Chris Gym 2	R.I.P.P.E.D® 6:00 - 6:40 PM Kitty WS	Outdoor Boot Camp - Express 6:00 - 6:45 PM Tracy WS			
Core Strength— Express 7:00–7:30 PM Paige WS	Strength Training 7:15 - 8:15 PM Christine WS		Strength Training 6:30– 7:30 PM Kitty WS			

DANCE FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
Zumba® 9:30-10:30 AM Hsiaoling Gym 2 ◆	Zumba® Gold 9:30-10:30 AM Kristin Gym 2 ◆	Zumba® 9:30-10:30 AM Chris L. Gym 2 ◆	Zumba® Gold 9:30-10:30 AM Holly Gym 2 ◆	Zumba® 9:30-10:30AM Terrin Gym 2 ◆	Zumba® 9:30 - 10:30 AM Kitty/Terrin Gym 2 ◆	Zumba® 9:30-10:30 AM Lea Gym 2 ◆
Zumba® Toning 10:30-11:00 AM Hsiaoling Gym 2 ◆			Zumba® Toning 10:45-11:45 AM Hsiaoling Gym 2 ◆			
Zumba® Gold 12:30-1:15 PM Joan WS	Latin Dance Breakdown 1:00-2:00pm Kristin WS 1st & 3rd of the month ◆	Hip Hop Kids 4:15-5:00 PM Kendra WS <i>Ages 3 and up</i>				
		Hip Hop Kids 5:05-5:45 PM Kendra WS <i>Ages 9-14</i>	Line Dancing 3:00-4:00PM Yu- San Gym 1 ◆			
Zumba® 6:15-7:15 PM Kristin Gym 2 ◆		BollyWorks Fitness® 6:15-7:15 PM Smitha Gym 2 ◆	Zumba® 6:45-7:45 PM Hsiaoling Gym 2 ◆	Hip Hop Dance 6:15-7:15 PM Kendra Gym 2 ◆		

BARRE, PILATES, AND TAI CHI

MON	TUES	WED	THURS	FRI	SAT	SUN
Pilates - Mat 6:45-7:45 AM Marti RR	Above The Barre 6:45-7:45 AM Julie WS	Pilates - Mat 6:45-7:45 AM Marti RR	Above The Barre Express 5:15- 6:00 AM Connie RR	Pilates - Mat Express 6:00-6:45 AM Maura RR		
			Pilates - Mat 6:45-7:45 AM Maura RR			
Above the Barre* 10:00-11:00 AM Julie WS	Pilates - Mat* 9:45 - 10:45 AM Marti RR		Pilates - Mat* 9:45-10:45 AM Mary Ann RR			
Above the Barre Express 11:15-12:00 PM Julie RR		Above the Barre— Express* 11:15-12:00 PM Kendra RR	Tai Chi Third Section 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>	Above The Barre* 12:15-1:15 PM Kendra RR		Tai Chi Series 11:45-12:45 PM Stefanie WS
	Tai Chi All Sections 2:15 - 3:15 PM Stefanie WS	Tai Chi 2:15-3:25 PM Richard WS <i>Prior experience is recommended.</i>	Tai Chi First Section 3:15-4:15 PM Stefanie WS			Tai Chi Series First Section 1:00-2:00 PM Stefanie WS
Above the Barre 7:00-8:00 PM Julie RR	Above The Barre 5:30 - 6:30 PM Julie RR		Above the Barre 5:15 - 6:15 PM Julie RR			

YOGA

MON	TUES	WED	THURS	FRI	SAT	SUN
Yoga – Hatha 8:30 - 9:30 AM Arti RR	AOA Yoga 8:15- 9:15 AM Tara RR	Yoga-Hatha* 8:00-9:15 AM Charlene RR	AOA Yoga 8:15 - 9:15 AM Jessica RR	Yoga – Hatha* 8:15 - 9:15 AM Kate RR		Yoga-Yin 8:30-9:45 AM Kathy RR
Yoga - Power - Vinyasa* 9:45 - 11:00 AM Candice RR		Yoga - Power - Vinyasa* 9:45 - 11:00 AM Candice RR		Yoga – Intermediate* 9:50-10:50 AM Yella RR	Yoga - Hatha * 10:00-11:15 AM Nauder RR	Yoga - Intermediate* 10:10-11:25 AM Kathy RR
	Yoga - Vinyasa 11:00 - 12:15 PM Jessica RR	AOA Yoga 12:15- 1:30PM Laurel RR	Yoga - Power - Vinyasa* 11:00-12:15 PM Mary Ann RR	AOA Yoga* 11:00 - 12:00 PM Yella RR	Meditation 11:30- 12:45 PM Carrie RR	Yoga - Beginner 11:35-12:35 PM Kathy RR
Yoga-Intermediate* 12:15-1:30 PM Yella RR	Yoga – Restorative 12:30 - 1:45 PM Jessica RR	Yoga – Hatha 1:45 - 3:00 PM Arti RR	Stretching 12:30-1:30 PM Laurel RR			
	AOA Chair Yoga 3:30 - 4:30 PM Laurel WS					
AOA Yoga * 1:45 - 2:45 PM Yella RR	Happy Kids Yoga— Workshop 5:15-6:00PM Chikku WS Registration Required					
Yoga – Hatha 5:30-6:45 PM Tara RR	Yoga - Intermediate 6:45-8:00 PM Kathy RR	Yoga – Hatha* 7:00-8:15 PM Patti RR	Yoga - Intermediate 6:30 –7:45 PM Candice RR	Yoga - Yin 6:45- 7:45 PM Tiffany/Sarah RR		

CYCLE

MON	TUES	WED	THURS	FRI	SAT	SUN
Cycle- All Levels— Express* 5:15-6:00 AM Connie CR	Cycle- All Levels 6:00-7:00 AM Gretchen CR		Cycle- All Levels 6:00-7:00 AM Gretchen CR	Cycle- All Levels* 5:30-6:30AM Connie CR	Cycle- All Levels 7:15-8:15 AM Dan CR	
Cycle - Core* 9:00-10:00 AM Maura CR	Cycle - Core 9:00-10:00 AM Lisa H CR	Cycle - Core* 9:00-10:00 AM Maura CR	Cycle - Core 9:00-10:00 AM Lisa H CR	Cycle - All Levels 8:15-9:15 AM Gretchen CR	Cycle - All Levels 8:30-9:30 AM Kristy CR	Cycle- All Levels 8:30-9:30 AM Vicky CR
Pedaling for Parkinson's 1:00-2:00pm Michael CR Pre-Requisite Required		Pedaling for Parkinson's 1:00-2:00pm Michael CR Pre-Requisite Required		Cycle—Core 9:30-10:30 AM Lisa M CR/Gym 1		
Cycle- All Levels* 6:00-7:00 PM Kristy CR	Cycle- All Levels 5:30-6:30 PM Michael CR	Cycle- All Levels* 6:00-7:00 PM Kristy CR				

OPEN GYM - GYM 1

MON	TUES	WED	THURS	FRI	SAT
Gym 1 5:00—6:45 AM 9:15AM—12:45PM	Gym 1 5:00—5:45 AM 7:00-8:30 AM 2:15-4:45PM	Gym 1 6:15—7:45 AM 9:15AM-4:15 PM	Gym 1 5:00—9:25 AM 12:00-2:45 PM	Gym 1 5:00—7:45 AM 1:00—5:45 PM	Gym 1 7:00-8:15 AM
					SUN
					Gym 1 Check with membership desk on availability.

OPEN GYM - GYM 2

MON	TUES	WED	THURS	FRI	SAT
Gym 2 5:00—9:15 AM 11:15AM-3:45 PM 5:15PM-6:00PM	Gym 2 5:00—9:15 AM 11:45 AM-3:45 PM	Gym 2 6:45 AM-9:15 AM 11:30AM-1:45 PM 3:15-4:45 PM	Gym 2 5:00-7:45 PM 12:00-4:45 PM	Gym 2 5:00—7:45 AM 12:15-2:45 PM 7:30-9:45 PM	Gym 2 7:00—9:15 AM 10:45 AM-6:45 PM *Subject to Birthday Party Reservation and Special YMCA Events
					SUN
					Gym 2 7:00—9:15 AM 10:45 AM-5:15 PM

NET SPORTS

MON	TUES	WED	THURS	FRI	SAT	SUN
Pickleball—Adult By Request (4+) 7:00 - 7:45 AM Gym 1	Basketball—Adult 6:00 - 7:00 AM Gym 1			Pickleball—Adult By Request 11:15 - 1:00 PM Gym 1		Badminton 7:00—12:45 PM Gym 1
Table Tennis 1:00-4:00 PM Gym 1	Table Tennis 12:00 - 2:15 PM Gym 1			Table Tennis 4:00 - 9:00 PM WS		Pickleball—Adult 1:00 - 3:00 PM Gym 1
Basketball 18+ 8:15 - 9:45 PM Gym 1	Volleyball—Advanced (14+) 8:00 - 9:45 PM Gym 1	Basketball 18+ 8:15- 9:45 PM Gym 1	Volleyball (14+) By Request(4+ppl) 8:00— 9:45 PM Gym 1	Basketball—Teen Ages 12-18 4:15-6:00 PM Gym 2	Badminton 5:15 - 6:45 PM Gym 1	Table Tennis 2:30 - 5:15 PM WS
Basketball 7:30 - 9:45 PM Gym 2	Basketball 16+ 8:00 - 9:45 PM Gym 2	Table Tennis 7:30 - 9:30 PM WS	Basketball 16+ 8:00 - 9:45 PM Gym 2	Basketball—Teen Ages 11-16 8:15-9:45 PM Gym 1		Pickleball—Family 3:00 - 4:00 PM Gym 1
		Basketball 7:30 - 9:45 PM Gym 2		8:15-9:45PM subject to Move Night Reservations and Special YMCA Events		Volleyball (14+) By Request(6+) 4:00-7:00PM Gym 1
						Teen—Futsal 5:30 - 6:30 PM Gym 2

ACTIVE OLDER ADULTS

AOA CHAIR STRENGTH Have fun and move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living skills. Light weights, bands, and exercise ball are offered for resistance and a chair is used for seated and/or standing support.

AOA CHAIR YOGA This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges—all postures are done standing near or seated in a chair.

AOA Circuit Increase stamina and strength for daily living with a standing circuit workout. The class alternates between light weights and non-impact aerobics for a fun workout. Chairs are offered for support, stretching and relaxation exercises.

AOA STEP Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step.

AOA STRENGTH Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.

AOA STEP/STRENGTH This class is a combination of AOA Step and AOA Strength.

AOA YOGA This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.

AQUA EXERCISE AND REHABILITATION

AQUA FITNESS A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

AQUA ZUMBA® Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body toning.

AQUA ARTHRITIS & INJURY This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain. Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

CARDIO AND STRENGTH

BOOT CAMP Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

- **TABATA BOOTCAMP** High energy class designed to boost your after exercise caloric burn using intervals with a variety of cardio and strength drills.
- **BOOT CAMP EXPRESS** Get your extreme workout in 45minutes! Bootcamp express will give you all the same benefits of our boot camp class in a shorter time frame.

CIRCUIT TRAINING Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

- **CIRCUIT TRAINING - EXPRESS** Get your circuit training workout in 45 minutes!

CORE STRENGTH This class will increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques.

H.I.I.T. High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

INSANTIY® Insanity LIVE® is a high intensity cardio conditioning workout that provides support and group motivation to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Designated for all levels, moves can be modified.

INTERVAL TRAINING Alternate high and low intensity cardio with toning exercises for a total body workout.

POUND® Using Ripstix® (lightly weighted drumsticks) you will become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements.

POWER BOX Take cardio kickboxing to the next level with punching and kicking drills on the heavy bag. Hand wraps, kickboxing or boxing gloves are required. Limited gloves available for new participants. No experience needed.

R.I.P.P.E.D.® A constantly changing format that combines Resistance, Intervals, Power, Plyometric, Endurance, and Diet to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

STEP Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

STRENGTH TRAINING Strengthen and tone your muscles using weights and other resistance equipment.

STRENGTH & CONDITIONING Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout.

STRONG BY ZUMBA® STRONG by Zumba® combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

TOTAL BODY CONDITIONING This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, battle ropes and kettlebells and other equipment.

CYCLE

ALL LEVELS Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

CYCLE - CORE This class consists of 45 minutes of all levels cycle followed by 10 minutes of core work done on the floor.

DANCE FITNESS

HIP HOP DANCE Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned.

HIP HOP KIDS Kids 3–8 to learn the basic hip-hop moves. For kids 9–14, they will be breaking down two to three routines and developing their own hip hop dance style. Concentrating on individual moves and rhythms.

ZUMBA® A Latin-inspired dance fitness class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

ZUMBA® GOLD Just as fun, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners.

ZUMBA® TONING Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.

LATIN DANCE BREAKDOWN This class is designed for people new to Latin dancing or want to gain more experience. You will learn the basics in the Latin dance moves from Latin hip motion to step-by-step dance moves including Salsa, Cha-Cha, Merengue & more.

U-Jam Fitness ® is an athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat -- all while having FUN!

YOGA

For sanitary purposes, members are required to bring their own yoga mat

- **HATHA** Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.
- **INTERMEDIATE** This class goes beyond the basics of yoga. Geared for students who have prior yoga experience, the class utilizes traditional yoga postures to build a more challenging advanced flow.
- **RESTORATIVE** A therapeutic yoga class, using blanket, straps and bolsters, to help reduce tension, relax muscles and calm the mind.
- **POWER VINYASA** A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.
- **YIN** Targets muscular tissue, ligaments, bones and joints that may not be normally exercised in a more active yoga practice. This class typically focuses on the connective tissues of the hips, pelvis and lower spine. Students remain in postures anywhere from one to five minute or more. Ideal for all yoga levels.

STRETCHING Stretch your muscles, calm your mind, help with injuries and soothe tension.

MEDITATION Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

BARRE & PILATES

ABOVE THE BARRE A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

- **ABOVE THE BARRE Express** Get your challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility in 45 minutes.

PILATES - MAT This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.

TAI CHI

Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable and registration is required.

- **Tai Chi - First Section** For those beginning their study of Traditional Yang Family Tai Chi Chuan.
- **Tai Chi - Second Section** For all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.
- **Tai Chi - Third Section** For those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

NET SPORTS

BASKETBALL—ADULT Enjoy friendly competition and practice your basketball skills with other players.

PICKLEBALL—ADULT Enjoy friendly competition and practice your Pickleball skills with other players.

BADMITTON Enjoy some family fun and practice your badminton skills.

PICKLEBALL—FAMILY Enjoy some family fun and practice your pickleball skills together.

BASKETBALL (60+, 18+, 16+) Enjoy friendly competition and practice your basketball skills with other players.

OPEN VOLLEYBALL (14+) Come join the fun. Both beginner and intermediate times are available. Available by Request (6+ Required)

PICKLEBALL (All Ages) Enjoy some family fun and practice your pickleball skills together. Available by Request (4+ Required)

VOLLEYBALL—Advanced(14+)

For experienced players, bring your best game and up level your volleyball skills with other players.

TABLE TENNIS (All Ages) Enjoy some family fun and practice your table tennis skills together.

BASKETBALL—TEEN Learn basketball basics, drills, and sportsmanship with other teens 12-18 years old.