

JANUARY, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30 AM							Total Body Training UPSTAIRS 8:30-9:30	
9:00 AM		Senior Club Pickleball 9:00-12:00 No Session on 1/19	Walk Inside CC 9:00-10:00	Walk Inside CC 9:00-10:00	Walk Inside CC 9:00-10:00	Senior Club Pickleball 9:00-12:00	Rec Basketball starting 1/10/2026 9:00 - 3:00	
9:30 AM			Free Zumba Gold 10:00-11:00	Yoga 10:00-11:15 No Yoga on 1/14 and 1/21	Free Zumba Gold 10:00-11:00 No session on 1/1			Pilates - UPSTAIRS 9:30-10:30
10:00 AM								
10:15 AM								
10:30 AM			Toddler Free Play 9:30-10:30 UPSTAIRS Starts 1/27		Toddler Free Play 9:30-10:30 UPSTAIRS Starts 1/29		Pilates - UPSTAIRS 10:30-11:30 No Session on 1/17	
11:00 AM								
11:15 AM								
11:30 AM								Rec Basketball 9:00-3:00
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM			Travel Basketball 1:30-7:00		Open Gym 2:00-4:30 Ages 5-14	Open Gym 2:00-4:30 Ages 5-14		
2:00 PM								
2:30 PM								
3:00 PM								
4:00 PM								
4:15 PM								
4:30 PM	Travel OR Rec Basketball Practice or Games 4:30 - 9:00	Travel OR Rec Basketball Practice or Games 4:30 - 6:00			Travel OR Rec Basketball Practice or Games 4:30 - 9:00	Travel OR Rec Basketball Practice or Games 4:30 - 8:30	Travel Basketball 4:15 - 5:30	
5:00 PM								
5:30 PM								
6:00 PM							Adult Pickleball 6:15-9:15	
6:15 PM								
6:30 PM								
7:00 PM			Yoga 6:30-7:45 No Yoga on 1/13					
7:30 PM								
8:00 PM								
8:30 PM			Travel Basketball 8:00-9:30		Adult Co-Ed Soccer 8:00-9:30			
9:00 PM								
9:30 PM								