

## JULY, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM							Total Body Training 8:00-9:00 No Session on 7/4
9:00 AM		Senior Club Pickleball  9:00-12:00	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 No Session on 7/3	Summer Basketball Training 9:30-10:30 No session on 7/4 or 7/25
9:30 AM							
10:00 AM			Free Zumba Gold 10:00-11:00	Yoga 10:00-11:00			Pilates - UPSTAIRS 9:30-10:30 (ends 7/10) No Session on 7/3
10:30 AM							
11:00 AM							
11:15 AM			Toddler Free Play 9:30-10:30		Toddler Free Play 9:30-10:30		Pilates - UPSTAIRS 10:30-11:30 No Session on 7/4
11:30 AM			UPSTAIRS		UPSTAIRS		
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
4:00 PM							
4:15 PM							
4:30 PM							
5:00 PM		Summer Basketball Training 5:00-7:00	Special Olympics Open Gym 5:00-6:00	Summer Basketball Training 5:00-7:00  (No Session 7/1 or 7/22)			
5:30 PM	3D Design-UPSTAIRS 6:00-7:00 (No Session 7/7)						
6:00 PM	Yoga 6:30-7:45 No session on 7/14				Women's Summer Volleyball 6:00-7:30 No Session on 7/2 or 7/16	Adult Pickleball 6:00-8:00 SESSIONS HELD ONLY ON JULY 10th and JULY 24th	
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM					Men's Summer Basketball 8:00-9:30 No Session on 7/2 or 7/16		
8:30 PM							
9:00 PM							
9:30 PM							