



ACTIVITY SCHEDULE September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-8:00am Open Gym	6:00am-8:00am Open Gym	6:00am-8:00am Open Gym	6:00am-8:00am Open Gym	6:00am-8:00am Open Gym	8:00am-4:00pm Open Gym
8:30am-11:00am Pickleball	8:00am-10:00am Senior Basketball	8:30am-11:00am Pickleball	Fall Mountain Hike with Jen Bransford 8:00am-11:30am	8:00am-10:00am Senior Basketball	11:00am-12:00pm Yoga with Claire \$10 fee to Instructor
9:00AM-10:00AM Leisure Bike Ride with Jen Bransford	Fall Mountain Hike with Jen Bransford 8:00am-11:30am	9:00AM-10:00AM Leisure Bike Ride with Jen Bransford	8:30am-11:00am Pickleball	10:00am-4:00pm Open Gym	
9:00am-10:00am Circuit Training with Gloria Mondragon	10:00am-11:15am Yoga with Claire \$10 fee to Instructor	9:00am-10:00am BOSU Ball Training with Gloria Mondragon	9:30am-10:30am Yoga with Claire \$10 fee to Instructor	2:00pm-4:00pm Ping Pong	
11:30am-8:00pm Open Gym	10:00am-8:00pm Open Gym	2:00pm-4:00pm Ping Pong	11:00am-12:00pm Circuit Training with Gloria Mondragon		
	5:30PM-6:45PM Body Core Class with Fernando	11:30am-8:00pm Open Gym	11:30am-8:00pm Open Gym		
			5:30pm-6:45pm Body Core Class with Fernando		
<div style="display: flex; justify-content: space-around;"> ▪ Gymnasium ▪ Community Room </div>					



POOL SCHEDULE 9/5-9/24

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Lap Swim 6:00am-1:30pm Recreation Swim 9:00am-1:30pm	Lap Swim 6:00am-1:30pm Recreation Swim 9:00am-1:30pm	Lap Swim 6:00am-1:30pm Recreation Swim 9:00am-1:30pm	Lap Swim 6:00am-1:30pm Recreation Swim 9:00am-1:30pm	CLOSED