

Class Pricing:

Strength & Cardio and Yoga Classes:

• \$5/person - cash

Dance Fit Classes:

• \$10/person - cash or on their website

*Please see instructors about pricing and payment.



2024

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--------|-------------------------|----------------------------------|-----------------------------------|---------------------------|--|-------------------------------|-------------------------|
| Г | 31 | 1 | 2 | 3 — | 4 | 5 | 6 — |
| | | Dance Fit 9-10am | Dance Fit 5:30-6:30am | Flow Yoga: 2-2:45pm | Dance Fit 5:30-6:30am | No Dance Fit Class | Open |
| | Building | Strength & Cardio 2-2:45pm | Open Pickleball: | Open | Open Pickleball: | Restorative Yoga: 2-2:45pm | Volleyball: 11am-2pm |
| | Closed | Open Badminton 6-8:30pm | 9am-12pm & 5:30-7:30pm | Basketball 6:30-8:30pm | 9am-12pm & 5:30-7:30pm | Open Badminton 5:30-9pm | nam zpm |
| \mid | 7 — | 8 — | 9 — | 10 | —————————————————————————————————————— | Dance Fit | 13 — |
| | | | Dance Fit 5:30-6:30am | Flow Yoga: 2-2:45pm | Dance Fit 5:30-6:30am | 9-10am | Open |
| | | | Open Pickleball: | Open | Open Pickleball: | Restorative Yoga: 2-2:45pm | Volleyball: |
| ıl | Building Closed | No Programming | 9am-12pm & 5:30-7:30pm | Basketball 6:30-8:30pm | 9am-12pm & 5:30-7:30pm | Open Badminton | llam-2pm |
| | 14 | 15 — | —— 16 —— | 17 | 18 | 5:30-9pm 19 | 20 |
| | | Dance Fit 9-10am | Dance Fit 5:30-6:30am | Flow Yoga: | Dance Fit 5:30-6:30am | Dance Fit 9-10am | Onon |
| | | Strength & Cardio | Open | 2-2:45pm | Open | Restorative Yoga: 2-2:45pm | Open Volleyball: |
| | Building | 2-2:45pm | Pickleball: 9am-12pm & | Open Basketball | Pickleball: 9am-12pm & | Open Badminton | 11am-2pm |
| | Closed — 21 — | Open Badminton 6-8:30pm | 5:30-7:30pm ——— 23 ——— | 6:30-8:30pm | 5:30-7:30pm —— 25 —— | 5:30-9pm 26 | 27 |
| | | Dance Fit | Dance Fit | Flow Yoga: | Dance Fit | Dance Fit | |
| | | 9-10am Strength & | 5:30-6:30am | 2-2:45pm | 5:30-6:30am | 9-10am Restorative Yoga: | |
| 1 | Building | Cardio 2-2:45pm | Open Pickleball: 9am-12pm & | Open | Open Pickleball: | 2-2:45pm Open | |
| | Closed | Open Badminton 6-8:30pm | 5:30-7:30pm | Basketball 6:30-8:30pm | 9am-12pm & 5:30-7:30pm | Badminton 5:30-9pm | No Programming |
| - | 28 | 29 — | 30 | 1 | 2 | 3 | 4 — |
| | | | | | | | • |
| | | Early | y Voti | ng - N | o Pro | gram | ming |
| | Building | | | | | | |
| L | Closed | | | | | | |