JANUARY 2020 | THE ANCHOR RECREATION FACILITY

6	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 6:00-7:00	FRIDAY	SATURDAY
7	P/	ARKS REC	6:00-7:00 TRX Interva	ls	Cardio & Strength Circuit		
_	8	REC	7:30-8:30		7:30-8:30	7:30-8:30	
8		8:00-9:00 Cardio &	FREE Indoor Walki	ng 8:00-9:00 Cardio Boxing &	FREE Indoor Walking	FREE Indoor Walking	
9		Strength Circuit		Strength Circuit		8:30-10:00 Open Gym	
10	RENTED		9:15-10:15 TRX/Tone	9:15-10:15 TRX 20/20/20	9:15-10:15 RIP	Pickleball	
11		10:30-12:00 Squeaky Sneakers	10:30-11:45 Bootcamp & Balance Parkinson's/I	10:30-12:00 Squeaky	10:30-11:45 Bootcamp & Balance Parkinson's/MS	10:30-12:00 Squeaky Sneakers	8:30-1:00 1-2 Boys Rec Basketbal
12							
1							
2	11:30-4:00 5-8 Girls Basketball	1:00-3:00 BV60+ Pickleball	1:00-3:30 Open Gym Pickleball		1:00-3:30 Open Gym Pickleball	12:30-6:00 OPEN GYM WHEN SCHOOL IS CLOSED	nrties Available. bility 440.930.4141
4		3:30-5:30 Open Gym Basketball or	3:30-5:00 Open Gym Basketball (Pickleball	or	3:30-5:00 Open Gym Basketball or Pickleball		
5	vailabl 0.930.4	Pickleball	Fickleball		FICKIEDAII		ıday Pa 1 availa
6	ties Av			PolyOne	PolyOne Travel Baseball		Rentals & Birthday Parties Availab
	ay Par availab		RENTED	6-7 Open Gym Volleyball &			
7	& Birthd ing and	7:00-9:00	6:30-8:30 AL Group	Basketball	6:30-8:30 Al Group	6:00-9:00 Open Gym	
8	Rentals & Birthday Parties Available. Call for pricing and availability 440.930.4141	Boys & Girls High School Basketball League (Salad KraZe)	Pickleball	RENTED	AL Group Pickleball	Pickleball or Basketball	
9			Group Fitness Parks & Rec Programming		Open Gym Activities 1/3/202		