

# MARCH 2020 | THE ANCHOR RECREATION FACILITY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30							
8			7:30-8:30 <b>FREE</b> Indoor Walking		7:30-8:30 <b>FREE</b> Indoor Walking	7:30-8:30 <b>FREE</b> Indoor Walking	
9		8:00-9:00 <b>Cardio &amp; Strength Circuit</b>		8:00-9:00 <b>Cardio Boxing &amp; Strength Circuit</b>	8:30-9:00 <b>Cardio Express</b>	8:30-10:00 Open Gym <b>Pickleball</b>	
10		<b>AVON LAKE PARKS &amp; REC</b>	9:15-10:15 <b>TRX/Tone</b>	9:15-10:15 <b>TRX 20/20/20</b>	9:15-10:15 <b>RIP</b>		
11		10:30-12:00 <b>Squeaky Sneakers</b>	10:30-11:45 <b>Bootcamp &amp; Balance Parkinson's/MS</b>	10:30-12:00 <b>Squeaky Sneakers</b>	10:30-11:45 <b>Bootcamp &amp; Balance Parkinson's/MS</b>	10:30-12:00 <b>Squeaky Sneakers</b>	8:30-1:00 Rec Programs
12							
1							
2	11:30-4:00 Rec Programs	1:00-3:00 <b>BV60+ Pickleball</b>	1:00-3:30 Open Gym <b>Pickleball</b>	12:30-4:00 OPEN GYM <b>WHEN SCHOOL IS CLOSED</b>	1:00-3:30 Open Gym <b>Pickleball</b>		
3						12:30-6:00 OPEN GYM <b>WHEN SCHOOL IS CLOSED</b>	
4		3:30-5:30 Open Gym <b>Basketball</b>	3:30-5:00 Open Gym <b>Basketball or Pickleball</b>	4:00-5:00 <b>Spring Into Fitness</b>	3:30-5:00 Open Gym <b>Basketball or Pickleball</b>		
5	<b>Rentals &amp; Birthday Parties as available.</b> <i>Call for pricing and availability 440.930.4141</i>	4:00-5:00 <b>Spring Into Fitness</b>					
6		Travel Basebal	Travel Basebal	5:00-6:30 Open Gym <b>Basketball</b>	Travel Baseball		
7							
8		7:00-9:00 <b>Boys &amp; Girls High School Basketball League (Salad KraZe)</b>	6:30-8:30 <b>AL Group Pickleball</b>	7:00-9:00 <b>Men's 3v3 Basketball League</b>	6:30-8:30 <b>AL Group Pickleball</b>	6:00-9:00 Open Gym <b>Pickleball or Basketball</b>	
9							

**Rentals & Birthday Parties as available.**  
*Call for pricing and availability 440.930.4141*

Group Fitness   Parks & Rec Programming   Open Gym Activities