

# JANUARY



# ANCHOR

SPONSORED BY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8							
9	8:15-9:05 Circuit Intervals with Tru	8:30-9:00 TRX with Carrie	8:15-9:05 Strength & Condition- ing with Tru	8:30-9:00 Cardio with Kelly	8:30-9:00 TRX with Carrie		
10	9:15-10:05 Cardio Sculpt with Carrie	9:15-10:05 Turbo Kick with Carrie	9:15-10:05 Cardio Sculpt with Carrie	9:15-10:05 RIP with Kelly	9:15-10:05 * Pound w/Stacie or Zumba w/Brenda	9:00-9:50 Zumba with Brenda	9:00-6:00 Birthday Parties or Rentals
11	10:30-11:30 Squeaky Sneakers	10:30-11:30 Tiny Tot Sports	10:30-11:30 Squeaky Sneakers	10:30-11:30 Tiny Tot Sports	10:30-11:30 Squeaky Sneakers	10:00-10:50 TRX Intervals with Doug	
12	12:00-4:00 Open Gym Basketball or Pickleball	12:00-4:00 Open Gym Basketball or Pickleball	12:15-12:45 Preschool Yoga	12:00-4:00 Open Gym Basketball or Pickleball	12:00-5:30 Open Gym Basketball or Pickleball	11:00-4:00 Youth Basketball	
1			1:00-1:45 Adapted Yoga				
2							
3			2:00-4:30 Open Gym Basketball or Pickleball				
4	4:00-6:00 Youth Tennis	4:30-6:00 Youth Challenge Soccer Jan 22-Feb 26	Polyone Wellness Hour	4:00-6:00 Youth Tennis		4:00-6:00 Birthday Parties or Rentals	
5							
6	6:00-7:30 Limitless Sports Performance	6:00-7:30 Taekwondo	6:00-6:50 TRX Intervals with Doug	6:00-7:30 Taekwondo	6:00-9:00 Activity Night (check website) or Rental	* Pound with Stacie on 1st & 3rd Friday Zumba with Brenda on 2nd & 4th Friday	
7							
8							
9	7:30-10:00 Salde KraZe Basketball League	7:30-10:00 Adult Drop-in Basketball or Pickleball	7:30-10:00 Men's 3v3 Basketball League	7:30-10:00 Adult Drop-in Basketball or Pickleball			
10							



**PARKS & RECREATION**  
City of Avon Lake [avonlakerec.com](http://avonlakerec.com)

**FITNESS | PARKS & REC PROGRAMMING | DROP-IN ACTIVIES | RENTALS**

## RENTALS Friday evenings, Saturdays & Sundays

Call for pricing and availability 440.930.4141