

DECEMBER

	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 & Conditioning 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 Squeaky Sneakers	10:30-11:30 Squeaky Sneakers	10:30-11:30 Squeaky Sneakers	10:30-11:30 Squeaky Sneakers	10:00-10:50 TRX Intervals with Doug	
12			12:15-12:45 Preschool Yoga				
1			1:00-1:45 Adapted Yoga				
2							
3	12:00-4:00 Open Gym Basketball or Pickleball	12:00-4:00 Open Gym Basketball or Pickleball	2:00-4:30 Open Gym Basketball or Pickleball	12:00-4:00 Open Gym Basketball or Pickleball	12:00-6:30 Open Gym Basketball or Pickleball	12:00-6:00 Birthday Parties or Rentals	
4							
5			Polyone Wellness Hour				
6	6:00-7:30 Limitless Sports Performance	6:00-7:30 Youth Drop-in Basketball	6:00-6:50 TRX Intervals with Doug	6:00-7:30 Youth Drop-in Basketball		* Pound with Stacie on 1st & 3rd Friday Zumba with Brenda on 2nd & 4th Friday	
7							
8					DECEMBER 21 BUBBLE SOCCER 7:00-9:00 Activity Night		
9		7:30-10:00 Adult Drop-in Basketball or Pickleball		7:30-10:00 Adult Drop-in Basketball or Pickleball			
10							

FITNESS | PARKS & REC PROGRAMMING | DROP-IN ACTIVITIES | RENTALS



RENTALS Friday evenings, Saturdays & Sundays

Call for pricing and availability 440.930.4141

