


JANUARY 2020 | THE ANCHOR RECREATION FACILITY

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----|---|--|---|--|---|---|---|
| 6 |  | | 6:00-7:00 TRX Intervals | | 6:00-7:00 Cardio & Strength Circuit | | |
| 7 | | | | | | | |
| 8 | | | | 7:30-8:30 FREE Indoor Walking | | 7:30-8:30 FREE Indoor Walking | 7:30-8:30 FREE Indoor Walking |
| 9 | | 8:00-9:00 Cardio & Strength Circuit | | 8:00-9:00 Cardio Boxing & Strength Circuit | 8:30-9:00 Cardio Express | | |
| 10 | RENTED | | 9:15-10:15 TRX/Tone | 9:15-10:15 TRX 20/20/20 | 9:15-10:15 RIP | 8:30-10:00 Open Gym Pickleball | |
| 11 | | 10:30-12:00 Squeaky Sneakers | 10:30-11:45 Bootcamp & Balance Parkinson's/MS | 10:30-12:00 Squeaky Sneakers | 10:30-11:45 Bootcamp & Balance Parkinson's/MS | 10:30-12:00 Squeaky Sneakers | 8:30-1:00 1-2 Boys Rec Basketball |
| 12 | | | | | | | |
| 1 | | | | | | | |
| 2 | 11:30-4:00 5-8 Girls Basketball | 1:00-3:00 BV60+ Pickleball | 1:00-3:30 Open Gym Pickleball | 12:30-4:30 OPEN GYM WHEN SCHOOL IS CLOSED | 1:00-3:30 Open Gym Pickleball | | |
| 3 | | | | | | 12:30-6:00 OPEN GYM WHEN SCHOOL IS CLOSED | |
| 4 | | 3:30-5:30 Open Gym Basketball or Pickleball | 3:30-5:00 Open Gym Basketball or Pickleball | | 3:30-5:00 Open Gym Basketball or Pickleball | | |
| 5 | Rentals & Birthday Parties Available. <i>Call for pricing and availability 440.930.4141</i> | | | | | | |
| 6 | | | | PolyOne | Travel Baseball | | |
| 7 | | | | RENTED | 6-7 Open Gym Volleyball & Basketball | | |
| 8 | | 7:00-9:00 Boys & Girls High School Basketball League (Salad KraZe) | 6:30-8:30 AL Group Pickleball | | 6:30-8:30 AL Group Pickleball | 6:00-9:00 Open Gym Pickleball or Basketball | |
| 9 | | | | RENTED | | | |

Rentals & Birthday Parties Available.
Call for pricing and availability 440.930.4141