

FEBRUARY 2020 | THE ANCHOR RECREATION FACILITY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30							
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	8:30-10:00 Open Gym Pickleball	
10		AVON LAKE PARKS & REC	9:15-10:15 TRX/Tone	9:15-10:15 TRX 20/20/20	9:15-10:15 RIP		
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	12:30-6:00 OPEN GYM WHEN SCHOOL IS CLOSED	
3							
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				4:30-6:30 Open Gym Volleyball & Basketball 2/5 & 2/19 Basketball 2/12 & 2/26			
6		Travel Basebal	Travel Basebal		Travel Baseball		
7							
8		7:00-9:00 Boys & Girls High School Basketball League (Salad KraZe)	6:30-8:30 AL Group Pickleball	7:00-9:00 Men's 3v3 Basketball League (starts 2/19)	6:30-8:30 AL Group Pickleball	6:00-9:00 Open Gym Pickleball or Basketball	
9							

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

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