

AUGUST, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM							Total Body Training 8:00-9:00
9:00 AM		Senior Club Pickleball	Walk Inside CC 9:00-10:00	Walk Inside CC 9:00-10:00	Walk Inside CC 9:00-10:00	Senior Club Pickleball 9:00-12:00	
9:30 AM							
10:00 AM		9:00-12:00	Free Zumba Gold 10:00-11:00	Yoga 10:00-11:00		Pilates - UPSTAIRS 9:30-10:30	Summer Basketball Training 9:30-10:30
10:30 AM				No Session on 8/19 or 8/26			
11:00 AM							
11:15 AM			Toddler Free Play 9:30-10:30		Toddler Free Play 9:30-10:30		Pilates - UPSTAIRS 10:30-11:30
11:30 AM			UPSTAIRS		UPSTAIRS		
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Adult Pickleball 2:00-4:00						
2:30 PM							
3:00 PM							
4:00 PM							
4:15 PM							
4:30 PM							
5:00 PM		Summer Basketball Training 5:00-7:00	Special Olympics Open Gym 5:00-6:00	Summer Basketball Training 5:00-7:00			
5:30 PM							
6:00 PM					Women's Summer Volleyball 6:00-7:30	Adult Pickleball 6:00-8:00	
6:30 PM					No Session on 8/6		
7:00 PM			Yoga 6:30-7:45				
7:30 PM			No session 8/18 or 8/25		Men's Summer Basketball 8:00-9:30		
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM					No Session on 8/6		