

# WINTER 2026 BASKETBALL COURT AND EXERCISE CLASS

| SUNDAY                                   | MONDAY                                  | TUESDAY                             | WEDNESDAY  | THURSDAY                              | FRIDAY                         | SATURDAY   |
|--|---|-------------------------------------|--|---------------------------------------|--------------------------------|--|
| FAMILY GYM TIME<br>9:15-10:15AM          | BOOT CAMP<br>7:00 AM - 8:00 AM          |                                     | YOGA<br>9:00-10:00 AM<br>WADLEIGH ROOM                   |                                       | BOOT CAMP<br>7:00 AM - 8:00 AM | FAMILY GYM TIME<br>7:45-8:45AM                   |
|  | TODDLER GYM<br>8:45-10:15 AM            |                                     | TODDLER GYM<br>8:45-10:15 AM                             | PICKLEBALL<br>Ages 50+<br>8:30-9:30AM |                                |  |
| YOGA<br>10:45 -11:45 AM<br>WADLEIGH ROOM | YOGA<br>9:00-10:00AM<br>WADLEIGH ROOM   |                                     | WATER FITNESS<br>10:30-11:00 AM                          | PICKLEBALL<br>9:30-11:15AM            |                                |  |
| BOOT CAMP<br>10:30-11:30 AM              | PICKLEBALL<br>Ages 50+<br>12:00-1:30 PM | INDOOR CYCLING<br>11:45 AM-12:30 PM |  | INDOOR CYCLING<br>11:45AM – 12:30PM   | PICKLEBALL<br>12:00-2:00 PM    | YOUTH SPORTS<br>(When Running)<br>9:00PM-12:00PM |
| PICKLEBALL<br>12:00-2:00PM               | PICKLEBALL<br>12-1:30PM                 |                                     | CHILDCARE<br>2:30-4:45PM                                 |                                       |                                | PICKLEBALL<br>12:30-2:30 PM                      |
| TEEN HOURS<br>2:00-4:00 PM               | CHILDCARE<br>3:45-5:15 PM               | CHILDCARE<br>3:45-5:15 PM           | YOUTH STRENGTH<br>CLASS (When<br>Running)<br>5:30-6:15PM | CHILDCARE<br>3:45-5:15PM              | CHILDCARE<br>3:45-5:15PM       |  |
|  |   |                                     |  | YOGA<br>6:30PM<br>WADLEIGH ROOM       |                                |  |
|  |   | BOOT CAMP<br>7:00-8:00 PM           | POUND CLASS<br>6:00-7:00 PM                              | BOOT CAMP<br>7:00-8:00 PM             |                                |  |

