

# October 1, 2018 - October 7, 2018

October 2018						
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November 2018						
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## Monday, October 1

- 6:00am - 7:00am Power Fitness (South Gym) ☺
- 6:30am - 7:30am TRX Suspension (North Gym) ☺
- 12:00pm - 3:00pm Pickleball (Full Gym) ☺
- 4:00pm - 5:00pm Meadowlark Volleyball Rental (South Gym) ☺

## Tuesday, October 2

- 8:00am - 9:00am Silver Sneakers (South Gym) ☺
- 9:00am - 10:30am Preschool (South Gym) ☺
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☺
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☺
- 4:00pm - 5:00pm Meadowlark Volleyball Rental (South Gym) ☺

## Wednesday, October 3

- 6:00am - 7:00am Power Fitness (South Gym) ☺
- 6:30am - 7:30am TRX Rip Trainer (North Gym) ☺
- 11:00am - 12:00pm Silver Sneakers (South Gym) ☺
- 11:00am - 11:30am JumpBunch (North Gym) ☺
- 11:30am - 12:30pm JumpBunch (North Gym) ☺
- 12:00pm - 3:00pm Senior Volleyball Games (South Gym) ☺
- 3:30pm - 4:30pm JumpBunch (North Gym) ☺
- 4:30pm - 5:30pm JumpBunch (North Gym) ☺

## Thursday, October 4

- 8:00am - 9:00am Silver Sneakers (South Gym) ☺
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☺
- 12:00pm - 3:00pm Pickleball (Full Gym) ☺

## Friday, October 5

- 6:00am - 7:00am Power Fitness (South Gym) ☺
- 6:30am - 7:30am TRX Suspension (North Gym) ☺
- 9:00am - 11:00am Pickleball (Full Gym) ☺
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☺

## Saturday, October 6

## Sunday, October 7

- 10:00am - 12:00pm Adult Drop-In Basketball (Full Court) ☺

# October 8, 2018 - October 14, 2018

October 2018

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November 2018

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## Monday, October 8

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉

## Tuesday, October 9

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 9:00am - 10:30am Preschool (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉

## Wednesday, October 10

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Rip Trainer (North Gym) ☉
- 11:00am - 12:00pm Silver Sneakers (South Gym) ☉
- 11:00am - 11:30am JumpBunch (North Gym) ☉
- 11:30am - 12:30pm JumpBunch (North Gym) ☉
- 12:00pm - 3:00pm Senior Volleyball Games (South Gym) ☉
- 3:30pm - 4:30pm JumpBunch (North Gym) ☉
- 4:30pm - 5:30pm JumpBunch (North Gym) ☉

## Thursday, October 11

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉

## Friday, October 12

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 9:00am - 11:00am Pickleball (Full Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉
- 4:45pm - 6:45pm RoughRiders Basketball Practice (North Gym) ☉

## Saturday, October 13

## Sunday, October 14

- 10:00am - 12:00pm Adult Drop-In Basketball (Full Court) ☉
- 4:00pm - 10:00pm Adult Basketball League (Full GYM) ☉

# October 15, 2018 - October 21, 2018

October 2018						
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November 2018						
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## Monday, October 15

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉

## Tuesday, October 16

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 9:00am - 10:30am Preschool (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉

## Wednesday, October 17

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Rip Trainer (North Gym) ☉
- 11:00am - 12:00pm Silver Sneakers (South Gym) ☉
- 11:00am - 11:30am JumpBunch (North Gym) ☉
- 11:30am - 12:30pm JumpBunch (North Gym) ☉
- 12:00pm - 3:00pm Senior Volleyball Games (South Gym) ☉
- 3:30pm - 4:30pm JumpBunch (North Gym) ☉
- 4:30pm - 5:30pm JumpBunch (North Gym) ☉
- 6:00pm - 9:00pm Adult Basketball League (Full GYM) ☉

## Thursday, October 18

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉
- 6:00pm - 7:30pm Gym Rental Gensert (North Gym)

## Friday, October 19

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 9:00am - 11:00am Pickleball (Full Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉
- 4:45pm - 6:45pm RoughRiders Basketball Practice (North Gym) ☉

## Saturday, October 20

## Sunday, October 21

- 10:00am - 12:00pm Adult Drop-In Basketball (Full Court) ☉
- 4:00pm - 10:00pm Adult Basketball League (Full GYM) ☉

# October 22, 2018 - October 28, 2018

October 2018						
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November 2018						
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## Monday, October 22

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉

## Tuesday, October 23

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 9:00am - 10:30am Preschool (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉
- 4:30pm - 8:00pm Indoor Futsal Clinic (Full Gym) ☉

## Wednesday, October 24

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Rip Trainer (North Gym) ☉
- 11:00am - 12:00pm Silver Sneakers (South Gym) ☉
- 11:00am - 11:30am JumpBunch (North Gym) ☉
- 11:30am - 12:30pm JumpBunch (North Gym) ☉
- 12:00pm - 3:00pm Senior Volleyball Games (South Gym) ☉
- 3:30pm - 4:30pm JumpBunch (North Gym) ☉
- 4:30pm - 5:30pm JumpBunch (North Gym) ☉
- 6:00pm - 9:00pm Adult Basketball League (Full GYM) ☉

## Thursday, October 25

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉
- 5:00pm - 8:30pm Basketball Clinic (Full Gym) ☉

## Friday, October 26

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 9:00am - 11:00am Pickleball (Full Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉

## Saturday, October 27

## Sunday, October 28

- 10:00am - 12:00pm Adult Drop-In Basketball (Full Court) ☉
- 1:00pm - 5:30pm Fall Festival (Full Gym)
- 6:00pm - 10:00pm Adult Basketball League (Full GYM) ☉

# October 29, 2018 - November 4, 2018

October 2018						
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November 2018						
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## Monday, October 29

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉

## Tuesday, October 30

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 9:00am - 10:30am Preschool (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉
- 4:30pm - 8:00pm Indoor Futsal Clinic (Full Gym) ☉

## Wednesday, October 31

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Rip Trainer (North Gym) ☉
- 11:00am - 12:00pm Silver Sneakers (South Gym) ☉
- 11:00am - 11:30am JumpBunch (North Gym) ☉
- 11:30am - 12:30pm JumpBunch (North Gym) ☉
- 12:00pm - 3:00pm Senior Volleyball Games (South Gym) ☉
- 3:30pm - 4:30pm JumpBunch (North Gym) ☉
- 4:30pm - 5:30pm JumpBunch (North Gym) ☉
- 6:00pm - 9:00pm Adult Basketball League (Full GYM) ☉

## Thursday, November 1

- 8:00am - 9:00am Silver Sneakers (South Gym) ☉
- 10:00am - 11:00am TRX Suspension Training (North Gym) ☉
- 12:00pm - 3:00pm Pickleball (Full Gym) ☉
- 5:00pm - 8:30pm Basketball Clinic (Full Gym) ☉

## Friday, November 2

- 6:00am - 7:00am Power Fitness (South Gym) ☉
- 6:30am - 7:30am TRX Suspension (North Gym) ☉
- 9:00am - 11:00am Pickleball (Full Gym) ☉
- 12:00pm - 2:00pm Adult Drop-In Basketball (Full Gym) ☉

## Saturday, November 3

## Sunday, November 4

- 10:00am - 12:00pm Adult Drop-In Basketball (Full Court) ☉
- 4:00pm - 10:00pm Adult Basketball League (Full GYM) ☉