

Family Walking Time

Strollers will be allowed on the track at this time. Wheels on strollers must be clean and dry. Strollers should be used on the inside lane only and in single file. Children must be supervised by an adult during family walking times.

Daily 10:00 - 11:00 AM
3:00 - 5:00 PM



Adult Open Gym

The following are designated for adult only (age 18 and older). Pick-up games may be played at any time during designated Adult Open Gym.

Open Basketball:

Tuesdays 6:45 - 8:45 PM
Saturdays 8:00 - 10:00 AM
Sundays 10:00 - 12:00 PM

No Open Basketball on May 15.

Open Volleyball:

Discontinued due to low participation.

Open Dodgeball

Get all your friends together and join others for an evening of old fashioned fun—a game of dodgeball. Different teams will be formed each night.

Who: Ages 18 and up
When: Fridays, January 6 - March 16
Time: 7:00 - 8:30 PM

Free with Community Center membership or purchase of a daily pass.

Catch Time

Looking for a place to just play catch and to warm up your throwing arm? No hardballs are allowed. You will need to use a soft core ball such as Incredi-ball. There will be Incredi-balls at the front desk to check out. This is a time for playing catch only. No batting allowed.

When: Sundays, February 19 - April 15
Time: 12:30 - 2:00 PM
Where: East Gym of Community Center
Fee: Free with membership or a purchase of a daily pass.

Fitness Orientations

Sign up at the Community Center for an orientation to help you get acquainted with our fitness equipment. A certified personal trainer will meet with you to show the proper use of cardio and strength training equipment.

*Youth members 14 & 15 years of age may participate in a fitness orientation in order to be given the privilege of using the fitness and weight equipment.

When:

Monday, December 12	10:00 AM	AFO 1212
Tuesday, December 13	7:00 PM	AFO 1213
Saturday, December 17	10:00 AM	AFO 1217
Monday, January 9	10:00 AM	AFO 109
Tuesday, January 10	7:00 PM	AFO 110
Saturday, January 28	10:00 AM	AFO 128
Tuesday, February 7	7:00 PM	AFO 207
Monday, February 13	10:00 AM	AFO 213
Saturday, February 25	10:00 AM	AFO 225
Monday, March 12	10:00 AM	AFO 312
Tuesday, March 13	7:00 PM	AFO 313
Saturday, March 24	10:00 AM	AFO 324
Monday, April 9	10:00 AM	AFO 409
Tuesday, April 10	7:00 PM	AFO 410
Saturday, April 28	10:00 AM	AFO 428

Fee: Members \$5
Non-members \$10

Registration Deadline: 2 days prior to class

Cycling, Kettlebell, Yoga, and Zumba—Give it a Try!

New to exercise? Would you like to try a new class but have been unsure of how to get started or what the class is all about? Join us for one of our introductory classes to learn the basics of each class, experience a bit of the work-outs, and have the opportunity to ask questions. Each class will last approximately 30 minutes. No pre-registration is necessary, but space is limited.

Cycling:

Thursday, January 5 at 5:00 PM
Saturday, January 7 at 10:00 AM

Zumba:

Thursday, January 12 at 5:00 PM
Saturday, January 14 at 10:00 AM

Yoga:

Thursday, January 19 at 5:00 PM
Saturday, January 21 at 10:00 AM

Kettlebell

Thursday, January 26 at 5:00 PM
Saturday, January 28 at 10:00 AM

