

Basketball Gym Schedule – updated 11/27/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 A.M.				Adult Basketball			
6:00 A.M.			Power Sculpt (5:45 to 6:45)		Boot Camp (5:45 to 6:45)		
6:30 A.M.							
7:00 A.M.							
7:30 A.M.							
8:00 A.M.							Adult Basketball
8:30 A.M.						Power Sculpt	
9:00 A.M.		Step & Sculpt	Power Sculpt	Step & Sculpt	Zumba (9:15 to 10:00)	Zumba (9:45 to 10:45)	
9:30 A.M.							
10:00 A.M.		Get Started (10:00-10:45)		Get Started (10:00-10:45)			
10:30 A.M.	Pickleball 10:30 to 12:30		Pickleball (10:30 to 12:30)	Chair Yoga			
11:00 A.M.		Senior Fitness					
11:30 A.M.							
12:00 P.M.							
12:30 P.M.							
1:00 P.M.						Birthday Party	Birthday Party
1:30 P.M.							
2:00 P.M.							
2:30 P.M.							
3:00 P.M.							
3:30 P.M.						Birthday Party	
4:00 P.M.		Basketball Clinic					
4:30 P.M.				Tennis (4:30 to 5:15)			
5:00 P.M.		Basketball Clinic					
5:30 P.M.							
6:00 P.M.			Karate				
6:30 P.M.	Adult Basketball			Adult Basketball			
7:00 P.M.							
7:30 P.M.							
8:00 P.M.							
8:30 P.M.							
9:00 P.M.							
9:30 P.M.							
10:00 P.M.							

The basketball gym is open unless otherwise indicated on the schedule. Classes will be using the whole gym during the time indicated above.

Please be advised that the basketball gym closes 15 minutes before the building closes (9:45 p.m. Monday to Friday, 7:45 p.m. on Saturday & 4:45 p.m. on Sunday).

If you have any questions, please call the Center at 973-228-7665.

See you at the Center!