

## Basketball Gym Schedule – updated 3/22/19

	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		Tennis (4:15 to 5:30)			
4:30 P.M.		Basketball Clinic					
5:00 P.M.							
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!