

GYM SCHEDULE

JANUARY

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		Drop-in Pickleball 6-8am		Drop-in Pickleball 6-8:30am			OPEN GYM: (white space) gym will be open for ALL activities. Pickleball may be played but if basketball players come, pickleball will be reduced to 1 court only.
7am							
8am		Balance & Core 8-8:45am (\$)			ZUMBA Gold 8-8:45am (\$)		
9am	Drop-in Pickleball 9-11:30am	Gentle Yoga 9-9:45am (\$)	Drop-in Pickleball 9-12pm	Table Tennis (1/3 of gym) 8:30-10:30am	Drop-in Pickleball 9-12pm	Yoga for Stength 9-10am (\$)	
10am		Learn to Play Pickleball 10-11am				Table Tennis Learn to Play: 10-11a Advanced Play: 10a-12p Doubles Play: 10a-12p (1/3 of gym)	
11am		Cardio Pickleball 11-11:45am (\$)					
12pm	Senior Strength 12-12:45pm (\$)	Chair Volleyball (1/3 of gym) 12-1:30pm	Chair Volleyball (1/3 of gym) 12-1:30pm	Drop-in Pickleball 11am-3:30pm	Chair Volleyball (1/3 of gym) 12-1:30pm		
1pm	Polk County Senior Programming 1:30-2:15pm	Drop-in Pickleball 1:30-3:30pm	Polk County Senior Programming 1:30-2:15pm		Polk County Senior Programming 1:30-2:15pm	Drop-in Pickleball 1-3pm	Drop-in Pickleball (Session 1) 1-3pm *Please stay for 1 session only*
2pm	Table Tennis (1/3 of gym) 2:30-4:30pm		Line Dancing 2:30-3:30pm (\$)				
3pm			Pole Walking 3:30-4:15pm				Drop-in Pickleball (Session 2) 3-5pm *Please stay for 1 session only*
4pm							
5pm		Bootcamp 5:15-6pm (\$)		Learn to Play Pickleball 5-6pm			
6pm		Pickleball League 6-8pm (\$)	Drop-in Pickleball 6-8pm	Pickleball League 6-8pm (\$)	Albaugh Community Center Hours Mon.-Thurs. 6am-8pm, Friday 6am-5pm Saturday 9am-3pm, Sunday 1pm-5pm *FACILITY CLOSED JAN 1 & 19		
7pm							