

# TAG CENTER FITNESS / TRACK / GYMNASIUM / FITNESS COURT & CYCLING ROOM SCHEDULES

**4/1/19 – 4/30/19**



## GYMNASIUM

**WINTER HOURS**  
**Labor Day – Memorial Day**  
 Mon-Fri ~ 4:30am – 8:30pm  
 Sat ~ 7:00am – 4:30pm  
 Sun ~ 12:00 – 4:30pm

**BUILDING HOURS**  
**(Fitness Center/Track)**  
**920-387-7988**

**SUMMER HOURS**  
**Memorial Day – Labor Day**  
 Mon-Thur ~ 4:30am – 8:00pm  
 Fri ~ 4:30am – 6:00pm  
 Sat ~ 7:00am – 12:00pm  
 Sun ~ CLOSED

(HOURS SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN	OPEN	Volleyball (6:15-9:00pm) 4/3, 4/10, 4/17	OPEN	OPEN
Saturday			Sunday	
OPEN			OPEN	

\* Fitness Center is open during building hours. Open to Adults and students that meet the age requirements.

## CYCLING ROOM



(All areas open except for scheduled class/event times)

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN	Indoor Cycling Class (4:35-5:55am) (4/2, 4/16)	OPEN	OPEN	OPEN
Saturday			Sunday	
OPEN			OPEN	

## WALKING TRACK

- Open during Building Hours, see schedule above.
- Ages 7 & under are to be accompanied by a parent or guardian 12 years old or older.
- Strollers are permitted on the track at the discretion of the TAG Center Staff.
- Please be courteous to others using the track and follow the direction of the arrows for the day.



## FITNESS COURT ROOM



\*\*Tennis Court/Ball Machine by reservation only\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers Boom Move It (9:35-10:15am) SilverSneakers Circuit (10:15-11:30am) Pickleball (12:00-3:00pm) This Ain't No Dance Class (5:20-6:45pm)	P.S. Workout (4:45-6:00am) SilverSneakers Classic (10:15-11:30am) Pickleball (12:00-3:00pm)	Pickleball (12:00-3:00pm) Tennis (4/3,4/10,4/17,4/24) 3:30-5:20pm This Ain't No Dance Class (5:20-6:45pm)	P.S. Workout (4:45-6:00am) SilverSneakers Classic (10:15-11:30am) Pickleball (12:00-3:00pm)	Pickleball (12:00-3:00pm)
Saturday			Sunday	
JAZZERCISE (4/6, 4/13) (8:00-9:00am)			OPEN	