

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

## 3/1/19 – 3/31/19



### 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) 11/14-4/17	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 & 4:20-5:40pm) (3/5,3/12,3/19)	MHS Gym Class (3/6) (8:45-10:00am)	Indoor Cycling Class (3/7, 3/14) (4:20-5:40pm)	MHS Gym Class (3/1, 3/8) (8:45-10:00am)
Saturday			Sunday	
Indoor Cycling Class (3/2, 3/9, 3/16) (7:50-10:10am)			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)	MHS Gym Class (3/6) (8:45-10:00am) Pickleball (12:00-3:00pm) Tennis (3/6,3/13,3/20,3/27) 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)	MHS Gym Class (3/1, 3/8) (8:45-10:00am) Pickleball (12:00-3:00pm)
Saturday			Sunday	
JAZZERCISE (3/2, 3/30) (8:00-9:00am)			OPEN	