

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

**2/1/19 – 2/28/19**



## 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
<b>Volleyball</b> (6:15-8:30pm) 11/12-2/25	<b>Rookie Basketball</b> (5:15-6:00pm) 1/15 - 2/5	<b>Volleyball</b> (6:15-9:00pm) 11/14-4/3	<b>OPEN</b>	<b>OPEN</b>
Saturday			Sunday	
<b>OPEN</b>			<b>Private Basketball Event</b> 2/17 (1:00-3:00pm)	

\* 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
<b>OPEN</b>	<b>Indoor Cycling Class</b> (4:35-5:55am & 4:20-5:40pm)	<b>OPEN</b>	<b>Indoor Cycling Class</b> (2/7, 2/21, 2/28) (4:20-5:40pm)	<b>OPEN</b>
Saturday			Sunday	
<b>Indoor Cycling Class (2/2, 2/9, 2/23)</b> (7:50-10:10am)			<b>OPEN</b>	

## 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
<b>SilverSneakers Boom Move It</b> (9:35-10:15am) <b>SilverSneakers Circuit</b> (10:15-11:30am) <b>Pickleball</b> (12:00-3:00pm) <b>This Ain't No Dance Class</b> (5:20-6:45pm)	<b>P.S. Workout</b> (4:45-6:00am) <b>SilverSneakers Classic</b> (10:15-11:30am) <b>Pickleball</b> (12:00-3:00pm)	<b>Pickleball</b> (12:00-3:00pm) <b>Tennis (2/6, 2/20, 2/27)</b> <b>3:30-5:20pm</b> <b>This Ain't No Dance Class</b> (5:20-6:45pm)	<b>P.S. Workout</b> (4:45-6:00am) <b>SilverSneakers Classic</b> (10:15-11:30am) <b>Pickleball</b> (12:00-3:00pm)	<b>Pickleball</b> (12:00-3:00pm)
Saturday			Sunday	
<b>JAZZERCISE (2/2, 2/16, 2/23)</b> (8:00-9:00am)			<b>OPEN</b>	