

# CENTENNIAL RECREATION CENTER

## Gym Schedule Effective 10.11.19

# WEST SIDE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 6:00am	Set Up Time		Set Up Time	Set Up time	Set Up Time		
	Boot Camp Class		H.I.I.T Class	Boot Camp/Pilates Class	Cycle/H.I.I.T Class		
6:00am - 7:00am	Take Down Time		Take down Time	Take Down Time	Take Down Time		
	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Drop-In Basketball	Cycle/Boot Camp Class	
8:00am - 9:00am		Beg. Boot Camp		Beg. Boot Camp			35+ PickUp Basketball
9:00am -10:00am		Boot Camp Class	Tiny Tot Tennis*	Boot Camp Class			
10:00am -11:00am		Aerobics Class		Aerobics Class		Youth Sports Rentals	
11:00am -12:00pm					Adult PickUp Basketball		
12:00pm - 1:00pm	Pickleball	Pickleball	PickUp Basketball	Pickleball	Basketball		Beginner/Intermediate Pickleball
1:00pm - 2:00pm							
2:00pm - 3:00pm							
3:00pm - 4:00pm		Youth Sports Rental					
4:00pm - 5:00pm	Youth Sports Class	Drop-In Basketball	Youth Sports Class	Skyhawks Basketball*	Kids Love Soccer		
	Drop-In Badminton		Futsal* Soccer			Drop-In Basketball	
5:00pm - 6:00pm		Drop-In Volleyball	Youth Sports Rental				
6:00pm - 7:00pm				Drop-In Basketball	Teen Center Drop-In		
7:00pm - 8:00pm		Adults 18+ After 7:30PM	PickUp Basketball				
8:00pm - 9:00pm				PickUp Basketball	Advanced Drop-In Badminton		
9:00pm -10:00pm							

(Members can use the gym for the drop-in sport of their choice, when not in use for scheduled activities.)  
 \*- These are fee based programs that require registration. CRC Members receive discount for these classes.  
 Schedule is subject to change at any time.

# CENTENNIAL RECREATION CENTER

## Gym Schedule Effective 10.11.19

# EAST SIDE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 6:00am	Set Up Time	Set Up Time	Set Up Time	Set Up Time	Set Up Time		
	Boot Camp	Group Cycle	H.I.I.T	Boot Camp/Pilates	Cycle/H.I.I.T		
6:00am - 7:00am	Class	Class	Class	Class	Class		
	Take Down Time	Take Down Time	Take Down Time	Take Down Time	Take Down Time		
7:00am - 8:00am						Cycle/Boot Camp Class	
8:00am - 9:00am	Set Up Time		Set Up Time			H.I.I.T/Core Class	35+ PickUp
	Zumba	Beg. Boot Camp	Zumba	Beg. Boot Camp			
9:00am - 10:00am	Class	Boot Camp	Class	Boot Camp	H.I.I.T/Core Class		Basketball
	H.I.I.T/Core	Class		Class	Class		
10:00am - 11:00am	Class	Aerobics	Zumba	Aerobics			50+
		Class	Gold	Class		Youth Sports Rentals	Basketball
11:00am - 12:00pm	Youth Fitness		Youth Fitness				
					Adult PickUp Basketball		Drop-In Badminton
12:00pm - 1:00pm		Drop-In Badminton		Drop-In Badminton			
1:00pm - 2:00pm							
2:00pm - 3:00pm							Youth & Teen Volleyball
3:00pm - 4:00pm							
4:00pm - 5:00pm	Youth Sports Rental	Youth Sports Rental	Youth Sports Rental	Youth Sports Rental		Youth Sports Rental	
					Drop-In Basketball		
5:00pm - 6:00pm							
6:00pm - 7:00pm							
7:00pm - 8:00pm			Volleyball	Volleyball	Drop-In Volleyball	Drop-In Volleyball	
	Men's Basketball League	Men's Basketball League	League	League	Advanced Drop-In Badminton		
8:00pm - 9:00pm							
9:00pm - 10:00pm							

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