Gym Schedule - Effective January 6th, 2025

Court:	Monday 1	Monday 2	Tuesday 1	Tuesday 2	Wednesday 1	Wednesday 2	Thursday 1	Thursday 2	Friday 1	Friday 2
5:00am - 7:00am										
7:00 AM										
7:30 AM										
8:00 AM		8-9 am Kids in Motion				8-9 am Kids in Motion				8-10am Kids in Motion
8:30 AM				8:30-10:30 Kids in Motion				8:30-10:30 Kids in Motion		
9:00 AM		9-9:45 am Wiggle Class (registration required)				9-9:45 am Wiggle Class (registration required)				
9:30 AM	9:30-10am Quick Core Class				9:30-10am Quick Core Class					
10:00 AM	10am-12pm Drop-In Pickleball		10-11am Pickleball Class (registration required)		10am-12pm Drop-In Pickleball		10-11am Pickleball Class (registration required)		10am-12pm Drop-In Pickleball	
10:30 AM										
11:00 AM			11am-1pm Drop-In Pickleball				11am-1pm Drop-In Pickleball			
11:30 AM										
12:00 PM	12-1 pm Functonal Training Streching for Pickelball (registration required)				12-1 pm Functonal Training Streching for Pickelball (registration required)					
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM	3:30-5:00pm Drop-In Basketball		3:30-5:00pm Drop-In Basketball		3:30-5:00pm Drop-In Basketball		3:30-5:00pm Drop-In Basketball		3:30-5:00pm Drop-In Basketball	
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM	6:15-7:45 pm Futsol (Indoor Soccer) * Registration Required			5-6pm Kids in Motion						
5:30 PM								6-7pm Kids in Motion		
6:00 PM			6-7:30pm Adult (18+) Drop-In Basketball		6-7pm Drop-In Pickleball		6-8pm Adult (18+) Drop-In Basketball			
6:30 PM										
7:00 PM									Center Closes at 7:00 PM	
7:30 PM										

Court:	Saturday 1	Saturday 2	Sunday 1	Sunday 2
7:00am-9:00am				
9:00 AM		9-11am Kids In Motion	9am-11am Drop-In Pickleball	
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				12:30-2:15pm Family Gym (3rd Sun of the month)
1:00 PM				
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				

Key:

- Gym available for open use
- Gym reserved Youth Programming: Registration Required
- Gym reserved for Kids In Motion use
- Speciality Class: Registration Required
- Futsol (Indoor Soccer)
- Drop-in basketball: shooting hoops
- Drop-in basketball: full-court play
- Group Ex Classes
- Drop-in pickleball

DEXTER WELLNESS CENTER