

Schedule Color Key:

Childrens Progammng
(in Main Gym)

Group Fitness Room

Main Gym

Cardio Floor

Weight Room

Special Hours:

Sewards Day
Monday March 27th
Open 8:00am-6:00pm

***Cancelled/Altered
Classes***

- No Stretch & Roll on the 1st, 20th or 22nd.
- Courtney is teaching spin the 28th & 30th.
- No Free Weight Circuits on March 2nd.
- No ASP March 27th-31st (Spring Break).
- No 4th/5th Grade Open Gym March 27th or 29th.

Rockwall Area:

- Must be belay certified (\$10/annually)
- Rockwall is CLOSED during pickleball, open all other times
- Follow all rules posted in the rockwall area

Birthday Party Rentals are available Saturday & Sundays 1:00-3:00pm

SRC March Fitness Schedule

March Facility Hours

Mon-Thur 5:30am - 8:30pm
Friday 5:30am - 7:00pm
Saturday 9:00am - 4:00pm
Sunday 1:00pm - 7:00pm

| Sunday 1:00 PM-7:00 PM | Monday 5:30 AM-8:30 PM | Tuesday 5:30 AM- 8:30 PM | Wednesday 5:30 AM- 8:30 PM | Thursday 5:30 AM- 8:30 PM | Friday 5:30 AM- 7:00 PM | Saturday 9:00 AM- 4:00 PM |
|--|--|---|--|---|--|-----------------------------------|
| | Open Gym 7:00am-9:00am | Free Weight 20min. Circuits w/Abby 5:30am -6:30am | Open Gym 7:00am-10:00am | Free Weight 20min. Circuits w/Abby 5:30am -6:30am | Open Gym 7:00am-10:00am | Open Gym 9:00am-11:00am |
| | Toddler Time 9:00am-11:00am | Toddler Time 8:00am-10:00 am | | Toddler Time 8:00am-10:00 am | Playgroup 10:00am- Noon | |
| Open Gym 1:00pm-7:00pm | Middle & High School P.E. 11:00-Noon | Chair-Based Fitness 10:30am-11:15am | Playgroup 10:00am- Noon | Chair-Based Fitness 10:30am-11:15am | Open Gym 12:00-3:00 pm | Yoga w/Gillian 10:00am-11:15am |
| | Open Gym 12:00-3:00pm | Open Gym 11:30am-3:00pm | Open Gym 12:00-3:00pm | Open Gym 11:30am-3:00pm | | Pickleball 11:00am- 1:00pm |
| | Line Dancing w/Becky 12:15 -1:15pm | | | | Line Dancing w/Becky 12:15 -1:15pm | Open Gym 1:00pm-4:00pm |
| Karate Skills Practice 3:00pm-3:45pm | After School Program 3:00-5:00pm | After School Program 3:00-5:00pm | After School Program 3:00-5:00pm | After School Program 3:00-5:00pm (2:30-4:30 early release days) | After School Program 3:00-5:00pm | |
| | 4th & 5th Grade Open Gym 5:00pm-6:00pm | Spinning w/Kendra 4:15-5:00pm | 4th & 5th Grade Open Gym 5:00pm-6:00pm | Spinning w/Kendra 4:15-5:00pm | | |
| | Spin & Stretch w/Cindy & Courtney Spinning 4:45-5:25 Stretch & Roll 5:30-6:00 | Adult Pickleball 5:15pm-7:15pm | Spin & Stretch w/Cindy & Courtney Spinning 4:45-5:25 Stretch & Roll 5:30-6:00 | | Karate Skills Practice 5:15pm-6:30pm | |
| | Dance Fitness w/Charity 6:15pm -7:15pm | Gentle Yoga 5:45pm-7:00pm | Dance Fitness w/Charity 6:15pm -7:15pm | Adult Pickleball 5:15pm-7:15pm | Open Gym 5:00pm-7:00pm | |
| | Open Gym 6:00pm-8:30pm | Basketball for Middle Schoolers 7:15pm-8:30pm | Soccer 6:15pm -8:00pm | Basketball 7:15pm-8:30pm | | |