

July 2010

Gymnasium Schedule



A division of Keweenaw Delta Health Care District

\$\$ Pre-registration and payment is required for participation in the TRX All Body Xpress Class. Call 624-3450 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TRX ALL BODY PRESS</p> <p>Group Personal Training at a fraction of the price.</p> <p>Mondays & Wednesdays 5:30 pm to 6:30 pm</p> <p>Registration required. Please register in Customer service.</p>		<p>Ongoing Events:</p> <p>Creative Center - <u>Mon & Wed 1 - 1:30 pm</u></p> <p>Summer Kids Camps - <u>Mon & Wed 1:30 - 3:00 pm</u></p>		<p>1</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TEEN THURSDAYS 5:30 - 6:30 pm</p> <p>Beginning V-Ball 6:30 - 8:00 pm</p> <p>Intermediate V-Ball 8:00 - 11:00 pm</p>	<p>2</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>Friday Nite Rocks - 6:00 - 8:00 pm</p>	<p>3</p> <p>Family Shoot Around 11:30 am - 1 pm</p> <p>B-Ball Pick Up Games 1:00 - 3:00 pm</p>
<p>4</p> <p>Open Play Volleyball 1:00 - 4:00 pm</p> <p>B-Ball Pick Up Games 4:00 - 7:00 pm</p> <p>FACILITY HOURS 6:00 am to 4:00 pm</p>	<p>5</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>B-Ball Pick Up Games 7:30 - 10:30 pm</p>	<p>6</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>Intermediate V-Ball 6:00 - 7:30 pm</p> <p>Adv. V-Ball 7:30 - 11:00 pm</p>	<p>7</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>S.A.Q. 6:30 - 7:30 pm</p>	<p>8</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TEEN THURSDAYS 5:30 - 6:30 pm</p> <p>Beginning V-Ball 6:30 - 8:00 pm</p> <p>Intermediate V-Ball 8:00 - 11:00 pm</p>	<p>9</p> <p>Tots In Training 10 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 6:00 pm</p> <p>Indoor Soccer 6:00 - 10:00 pm</p>	<p>10</p> <p>Family Shoot Around 11:30 am - 1 pm</p> <p>B-Ball Pick Up Games 1:00 - 3:00 pm</p>
<p>11</p> <p>Open Play Volleyball 1:00 - 4:00 pm</p> <p>Indoor Soccer 4:00 - 7:00 pm</p>	<p>12</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>B-Ball Pick Up Games 7:30 - 10:30 pm</p>	<p>13</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>Intermediate V-Ball 6:00 - 7:30 pm</p> <p>Adv. V-Ball 7:30 - 11:00 pm</p>	<p>14</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>S.A.Q. 6:30 - 7:30 pm</p>	<p>15</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TEEN THURSDAYS 5:30 - 6:30 pm</p> <p>Beginning V-Ball 6:30 - 8:00 pm</p> <p>Intermediate V-Ball 8:00 - 11:00 pm</p>	<p>16</p> <p>Tots In Training 10 - 11:30 am</p> <p>B-Ball Pick Up Games 2:30 - 5:00 pm</p> <p>Kids Nite Out - 5:00 - 7:00 pm</p>	<p>17</p> <p>Family Shoot Around 11:30 am - 1 pm</p> <p>B-Ball Pick Up Games 1:00 - 3:00 pm</p>
<p>18</p> <p>Open Play Volleyball 1:00 - 4:00 pm</p> <p>B-Ball Pick Up Games 4:00 - 7:00 pm</p>	<p>19</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>B-Ball Pick Up Games 7:30 - 10:30 pm</p>	<p>20</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>Intermediate V-Ball 6:00 - 7:30 pm</p> <p>Adv. V-Ball 7:30 - 11:00 pm</p>	<p>21</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>S.A.Q. 6:30 - 7:30 pm</p>	<p>22</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TEEN THURSDAYS 5:30 - 6:30 pm</p> <p>Beginning V-Ball 6:30 - 8:00 pm</p> <p>Intermediate V-Ball 8:00 - 11:00 pm</p>	<p>23</p> <p>Tots In Training 10 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p>	<p>24</p> <p>Family Shoot Around 11:30 am - 1 pm</p> <p>B-Ball Pick Up Games 1:00 - 3:00 pm</p>
<p>25</p> <p>Open Play Volleyball 1:00 - 4:00 pm</p> <p>Indoor Soccer 4:00 - 7:00 pm</p>	<p>26</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>B-Ball Pick Up Games 7:30 - 10:30 pm</p>	<p>27</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>Intermediate V-Ball 6:00 - 7:30 pm</p> <p>Adv. V-Ball 7:30 - 11:00 pm</p>	<p>28</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TRX All Body Xpress \$\$ 5:30 - 6:30 pm</p> <p>S.A.Q. 6:30 - 7:30 pm</p>	<p>29</p> <p>Kidz Klub 10:15 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p> <p>TEEN THURSDAYS 5:30 - 6:30 pm</p> <p>Beginning V-Ball 6:30 - 8:00 pm</p> <p>Intermediate V-Ball 8:00 - 11:00 pm</p>	<p>30</p> <p>Tots In Training 10 - 11:30 am</p> <p>B-Ball Pick Up Games 3:00 - 5:30 pm</p>	<p>31</p> <p>Family Shoot Around 11:30 am - 1 pm</p> <p>B-Ball Pick Up Games 1:00 - 3:00 pm</p>

Times listed are scheduled programs and activities that take place in the gymnasium. The gymnasium is available for open play basketball at all times other than listed on a first come, first served basis. The Lifestyle Center reserves the right to make changes to this schedule.