

February 2010 Gymnasium Schedule



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

A division of Keweenaw Delta Health Care District

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> TRX Teaser <u>6:30 - 7 pm</u> B-Ball Pick Up Games <u>7:30 - 10:30 pm</u>	2 B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> Intermediate V-Ball <u>6:00 - 7:30 pm</u> Adv. V-Ball <u>7:30 - 11:00 pm</u>	3 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> TRX Teaser <u>9:30 - 10 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> S.A.Q. 6:30 - 7:30 pm	4 B-Ball Pick Up Games <u>3:00 - 6:00 pm</u> Beginning V-Ball <u>6:30 - 8:00 pm</u> Intermediate V-Ball <u>8:00 - 11:00 pm</u>	5 B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> Friday Nite Rocks - <u>5:30 - 8:00 pm</u>	6 Tots In Training <u>9:30 am - 10:45 am</u> Family Shoot Around <u>11:30 am - 1 pm</u> B-Ball Pick Up Games <u>1:00 - 3:00 pm</u>
7 Open Play Volleyball <u>1:00 - 4:00 pm</u> B-Ball Pick Up Games <u>4:00 - 7:00 pm</u>	8 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> TRX Teaser <u>6:30 - 7 pm</u> B-Ball Pick Up Games <u>7:30 - 10:30 pm</u>	9 B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> Intermediate V-Ball <u>6:00 - 7:30 pm</u> Adv. V-Ball <u>7:30 - 11:00 pm</u>	10 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> TRX Teaser <u>9:30 - 10 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> S.A.Q. 6:30 - 7:30 pm	11 B-Ball Pick Up Games <u>3:00 - 6:00 pm</u> Beginning V-Ball <u>6:30 - 8:00 pm</u> Intermediate V-Ball <u>8:00 - 11:00 pm</u>	12 B-Ball Pick Up Games <u>3:00 - 6:00 pm</u>	13 Tots In Training <u>9:30 am - 10:45 am</u> Family Shoot Around <u>11:30 am - 1 pm</u> B-Ball Pick Up Games <u>1:00 - 3:00 pm</u>
14 Open Play Volleyball <u>1:00 - 4:00 pm</u> B-Ball Pick Up Games <u>4:00 - 7:00 pm</u>	15 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> TRX Teaser <u>6:30 - 7 pm</u> B-Ball Pick Up Games <u>7:30 - 10:30 pm</u>	16 B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> Intermediate V-Ball <u>6:00 - 7:30 pm</u> Adv. V-Ball <u>7:30 - 11:00 pm</u>	17 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> TRX Teaser <u>9:30 - 10 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> S.A.Q. 6:30 - 7:30 pm	18 B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> Beginning V-Ball <u>6:30 - 8:00 pm</u> Intermediate V-Ball <u>8 - 11:00 pm</u>	19 B-Ball Pick Up Games <u>2:30 - 5:00 pm</u> Kids Nite Out - <u>5:00 - 7:00 pm</u>	20 Tots In Training <u>9:30 am - 10:45 am</u> Family Shoot Around <u>11:30 am - 1 pm</u> B-Ball Pick Up Games <u>1:00 - 3:00 pm</u>
21 Open Play Volleyball <u>1:00 - 4:00 pm</u> B-Ball Pick Up Games <u>4:00 - 7:00 pm</u>	22 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> TRX Teaser <u>6:30 - 7 pm</u> B-Ball Pick Up Games <u>7:30 - 10:30 pm</u>	23 B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> Intermediate V-Ball <u>6:00 - 7:30 pm</u> Adv. V-Ball <u>7:30 - 11:00 pm</u>	24 TRX All Body Xpress \$\$ <u>8:30 - 9:30 am</u> TRX Teaser <u>9:30 - 10 am</u> Creative Center <u>1:00 - 1:30 pm</u> B-Ball Pick Up Games <u>3:00 - 5:30 pm</u> TRX All Body Xpress \$\$ <u>5:30 - 6:30 pm</u> S.A.Q. 6:30 - 7:30 pm	25 B-Ball Pick Up Games <u>3:00 - 6:00 pm</u> Beginning V-Ball <u>6:30 - 8:00 pm</u> Intermediate V-Ball <u>8:00 - 11:00 pm</u>	26 B-Ball Pick Up Games <u>3:00 - 6:00 pm</u>	27 Tots In Training <u>9:30 am - 10:45 am</u> Family Shoot Around <u>11:30 am - 1 pm</u> B-Ball Pick Up Games <u>1:00 - 3:00 pm</u>
28 Open Play Volleyball <u>1:00 - 4:00 pm</u> B-Ball Pick Up Games <u>4:00 - 7:00 pm</u>	TLC's BOOT CAMP ACADEMY Meets in the gymnasium Monday, Wednesday & Friday 5:30am - 6:30am Pre-registration required. See flyer for more details.				Family Shoot Around Family Shoot Around is an opportunity for families with children ages 5 through 12 to have fun playing basketball in the multi-purpose gymnasium. Parents/legal guardians must directly supervise their children at all times. Absolutely no unattended children. Equipment can be checked out from the Fitness Desk on the 2nd floor. For more information call the Activities Office at 624-3416.	

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.