



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

10-11am
Cardio Tennis

9-10:30am
2.5 Women
CIWITL

10-11am
Cardio Tennis

9-10:30am
3.5 Women
CIWITL

8:30 - 10 am
3.0/3.5 Co-Ed
Cardio & Drills

10-11am
Cardio Tennis

11- 12:30 pm
3.0 CIWITL

8 -9 am
Cardio Tennis

5:30-6:30pm
Cardio Tennis



FIND • YOUR • FIT

Please download the Community Sports & Wellness App and reserve your spot before classes fill up! *Registering online or the App is recommended. *