

# OPEN HOUSE ACTIVITY SCHEDULE

Time	Activity/Class	Location
8:00 am - 8:25 am	Barre	Gymnasium
8:00 am - 8:25 am	Aqua Step	Pool
8:30am - 8:55 am	Yoga	Gymnasium
8:30 am - 8:55 am	Aqua Zumba	Pool
8:30 am - 8:55 am	Youth Pickleball Clinic (Max 8)	Pickleball Courts
9:00 am - 9:25 am	Gentle Fitness	Gymnasium
9:00 am - 9:25 am	Dragon Boat Paddle	Pool
9:00 am - 10 am	Personal Training	Fitness Center
9:30am - 9:55 am	Cardio/Strength	Gymnasium
9:30am - 9:55 am	Youth tennis Clinic (Max 10)	Tennis Courts
9:45 am - 10:45 am	Adult Pickleball clinic (Max 8)	Pickleball Courts
10:00 am - 10:25 am	Family Cardio Drumming	Gymnasium
10:00 am - 10:25 am	Spinning	Spin Room
10:00 am - 11:00 am	Fitness Orientations	Fitness Center
10:30am - 10:55am	Light Sassy Groove	Gymnasium
11:00 am - 12:00 pm	SMARTfit Demos	24-hour Therapy Room
11:00 am - 12:00 pm	BioDensity Demos	24-hour Room
11:00 am - 12:00 pm	Adult Tennis Clinic (Max 8)	Tennis Courts
12:00 pm - 1:00 pm	Meet Your RSB Coach	Lobby
12:00 pm	Relay Race/ Pool Dodgeball	Pool

