


September 2024

MON	TUE	WED	THU	FRI
2 <u>Labor Day - Closed</u> 	3 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	4 <u>Pickleball</u> 9am - 12pm	5 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	6 <u>Pickleball</u> 9am - 12pm
9 NEW Check-in Day <u>Pickleball</u> 9am - 12pm <u>REFIT Revolution</u> 10am - 11am	10 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	11 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	12 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	13 <u>Pickleball</u> 9am - 12pm
16 <u>Pickleball</u> 9am - 12pm <u>REFIT Revolution</u> 10am - 11am	17 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	18 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	19 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	20 <u>Pickleball</u> 9am - 12pm
23 <u>Pickleball</u> 9am - 12pm <u>REFIT Revolution</u> 10am - 11am	24 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 10:15am - 1pm	25 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	26 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 10:15am - 1pm	27 <u>Pickleball</u> 9am - 12pm
30 <u>Pickleball</u> 9am - 12pm <u>REFIT Revolution</u> 10am - 11am				ROC Hours <u>Mon - Thurs</u> 8am - 5pm <u>Friday</u> 8am - 12pm