

Adult Fall 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Chen's Tai Chi: Old Frame (16+) 9:30 AM-10:30 AM	Pickleball: The Soft Game (3.0+) 7:30 AM-9:00 AM	Pickleball: Competitive Game Play (3.75) 7:00 AM-8:30 AM	Pickleball 7:30 AM-9:00 AM	Pickleball: Unglamorous Reps (3.5+) 7:00 AM-8:30 AM	Pickleball 7:30 AM-8:45 AM
Chen's Tai Chi: Introduction (16+) 10:30 AM-11:30 AM	Pickleball 1:15 PM-3:15 PM	Iyengar Yoga All Levels 10:30 AM-12:00 PM	Iyengar Yoga Mixed Level 9:00 AM-10:30 AM	Pilates 9:30 AM-10:30 AM	Basic Drawing: People & Landscapes *Class Time Varies
Acrylic Painting Basics: Landscapes *Class Time Varies	Summer Smash Tennis: Adult Beg+ (1.5) 4:45 PM-6:00 PM	Step and Core 5:30 PM-6:25 PM	Summer Smash Tennis: Adult Beg (1.0) 4:45 PM-6:00 PM	Baby & Me Yoga 11:30 AM-12:30 PM	Basic Drawing: Architecture & Still Lifes *Class Time Varies
Acrylic Painting Basics: Portraits *Class Time Varies	Spanish Adult Beginner 1 5:30 PM-7:00 PM	Barre Pilates 5:45 PM-6:45 PM	Hatha Yoga: Inter 5:45 PM-7:15 PM	Dungeons & Dragons 1:00 PM-3:00 PM	Kung Fu: Choy Lee Fat 6:00 PM-7:15 PM
Acrylic Painting Basics: Flowers & Still Life *Class Time Varies	Inter Bellydance: Drills+combos 6:15 PM-7:30 PM	Yoga For Beginners 5:45 PM-7:15 PM	How to Draw Like an Architect 6:00 PM-7:30 PM	Pickleball 1:15 PM-3:15 PM	Pilates Essentials 6:00 PM-7:00 PM
Tae Kwon Do Adults 1:15 PM-2:15 PM	PIP Pickleball: Beginner/Not Quite Inter 6:15 PM-7:30 PM	Indoor Soccer 7:45 PM-9:45 PM	KungFu: Choy Lee Far (14+) 6:00 PM-7:15 PM	Hi Lo Combo 5:30 PM-6:25 PM	 SCAN FOR DETAILS
Summer Smash Tennis: Adult Beginner (1.0)- Beginner + (1.5) 1:00 PM-2:15 PM	Pilates Plus 7:00 PM-8:00 PM	Dance Dance Party Party 8:00 PM-9:00 PM	Digital Photography 6:00 PM-8:00 PM	Prenatal Yoga & Meditation 6:30 PM-7:45 PM	
Summer Smash Tennis: Adult Beginner ++ (2.0) 2:15 PM-3:30 PM	Kickboxing 7:00 PM-8:00 PM	Yoga4Stiff Guys: All Levels 8:30 PM-9:30 PM	Step and Strength 6:30 PM-7:30 PM	Zumba 6:30 PM-7:30 PM	
Basketball 3:45 PM-5:45 PM	Spanish Adult Level 2 7:00 PM-8:30 PM		Watercolour Painting 7:30 PM-9:30 PM	Japanese: Beg 1 7:00 PM-9:00 PM	
	Adult Sewing Studio 7:30 PM-9:00 PM		Basketball 7:45 PM-9:45 PM	Badminton 7:45 PM-9:45 PM	
	Beginner Bellydance 7:45 PM-9:00 PM			Embodied Movement 8:00 PM-9:30 PM	
	Volleyball 7:45 PM-9:45 PM			Yoga4Stiff Guys: All Levels 8:30 PM-9:30 PM	
	Boxing 8:00 PM-9:00 PM				
	Spanish Adult Inter 8:30 PM-9:45 PM				

*No Adult Programs on Saturdays