

RAPRD Activity Center

May 22 - 27, 2017

Schedules are subject to change based on activities and needs.
***Activities with an asterisk require registration prior to attending**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am - 8:00am	Open Basketball (6:00 - 7:45)	Kickstart Conditioning (5:45 - 6:45)	Open Basketball (6:00 - 7:45)	Kickstart Conditioning (5:45 - 6:45)	Open Basketball (6:00 - 7:45)
8:00am-9:00am	Fitness 4 Life	Zumba® Gold	Fitness 4 Life		Zumba® Gold
9:15am-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Balance & Core	Cardio Combo
10:30am-1:30pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball
1:00pm-4:00pm	Open Basketball	*Tasty Tots (2:00 - 2:45)	Open Basketball	Open Basketball	Open Basketball
4:30pm-5:30pm	MIXxedfit® Dance Fitness		MIXxedfit® Dance Fitness	Vinyasa Yoga	
5:35pm-6:35pm	PowerCut Plus	Step & Abs	PowerCut Plus	Step & Abs	
7:00 - 8:00 pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball

Adult Drop-in Fee: \$3.00; Racquetball: \$3.00 drop-in/per hour / reserve the court ahead of time for
 Walleyball: \$3.00 drop-in/per hour; Basketball drop-in fee: \$3.00 Adult | \$2.00 Youth
 Youth/Toddler drop-in fee: \$2.00/

Group Fitness/Weight Cardio drop-in fee: \$3.00; \$27.00/12 visit punch card or \$30.00 unlimited for

Drop in weights & cardio equipment is available from 6:00am-8:00pm.

Saturday

Saturday Hours
9:00am - 12:00pm

Powercut Plus

Edited 4/14

r \$1.00

- 30 day