

Sports Activities

Zumba Exercise

Description: Zumba is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness class. Zumba creates a party-like atmosphere and provides a non-intimidating opportunity for non-dancers, new exercisers or those who have previously hesitated to participate in group classes. Long time exercisers also enjoy the change of pace, by exercising in a fun, party-like environment.

Times: Mondays 5:00 p.m.—6:00 p.m., Thursdays 6:00 p.m.—7:00 p.m.

Zumba & Toning Exercise

Description: A variety of toning and strengthening exercises using resistance tubing and your own body weight. Perfect for all fitness levels.

Times: Tuesdays 5:30 p.m.—6:30 p.m.

Line Dancing

Description: We will teach all levels of Line Dancing. Been away for a while? Never danced before? We will start where you are now and get you dancing.

Times: Thursdays 7:15 p.m.-8:30 p.m.

Yoga Exercise

Description: Bring yourself back to relaxation, beneficial breathing, expansive stretching, body and mind strengthening with Lois Sharp-Schneider. You will find joy here on your mat. Poses will be modified to meet individual needs.

Times: Saturdays 10:30 a.m.—11:30 a.m.

Adult Co-Ed Volleyball

Description: This open gym session is reserved for adults only. This is not an organized league, it is led by the players.

Times: Mondays 6:00 p.m. - 9:00 p.m.

Adult Basketball Open Gym (40 and Over)

Description: This open gym session is open to anyone 40 years of age or older.

Times: Tuesdays 7:00 p.m. - 9:00 p.m.