


Conditioning Center Floor Schedule

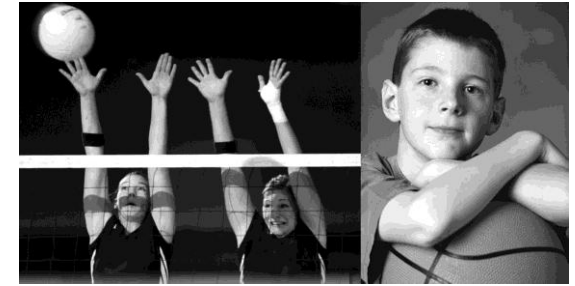
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Age Guidelines
5:30-8 Full Court Basketball	5:30-8 Full Court Basketball	5:30-8 Full Court Basketball	5:30-8 Full Court Basketball	5:30-8 Full Court Basketball	CLOSED	CLOSED	
8 – 11 Open Floor	8-9:15 Open Floor 9:15 – 10:00 No Limits 10 – 11 Functional Training	8 – 11 Open Floor	8- 10 Open Floor 10 – 11 Functional Training	8 – 11 Open Floor	7 am – Noon Full Court Basketball	10 am – 11:00 Open Athletic Floor	
11 – 1 Full Court Basketball	11-1 Half Court Open 11-12 Xpress Athletic Intervals 12 – 1 *Extreme Training (Personal Training Group)	11 – 1 Full Court Basketball	11-1 Half Court Open 11-12 Xpress Athletic Intervals 12 – 1 *Extreme Training (Personal Training Group)	11 – 1 Full Court Basketball	Noon – 4 Open Floor	11:00 – 12:00 Circuit 12:00 – 1 – No Limits (Starts February 2010)	<p>* Track and Court Age 9 and up</p>
1 – 6:30 Open Floor	1 – 8 Open Floor	1 – 6:30 Open Floor	1 – 5:30 Open Floor No Limits 5:30 – 6:30 Open Floor 6:30 – 8:00	1 – 6:30 Open Floor	4 – 6 Power Volleyball	1 – 4 4:00 Open Athletic Floor	<p>Basketballs and Volleyballs can be checked out at the Front Desk.</p>
6:30 – 10 Full Court Basketball	8-10 Power Volleyball	6:30 – 10 Full Court Basketball	8 – 10 Power Volleyball	6 – 7 Full Court Basketball 7 – 8 Youth Full Court Basketball 8 – 10 Open Floor		4 – 6 Volleyball Ages 12 & Up	

CONDITIONING CENTER FLOOR GUIDELINES:

- During open athletic floor times, pick-up games may only be played on one half of the court.
- If a game is not being played when full court basketball is permitted, the court is considered open athletic floor.
- During Classes, the basketball floor is closed.
- Power volleyball participants are responsible for the set-up and take-down of volleyball equipment.
- Youth full court basketball is for ages 9 to 15.
- Open Volleyball
Ages 12 & Up
Net is to be set at women's height.
Participants are responsible for the set-up and take-down of volleyball equipment.

ATTENTION PARTICIPANTS!

Non-marking court shoes **MUST** be worn on the athletic floor!



Conditioning Center Floor Schedule and Guidelines

