**June 2016**

# Mansfield Community Center

*Family, Fitness & Fun!*

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|---|
| 5:30am | CLOSED | OPEN (Full Gym) 5:30-9A | Boot Camp 5:30-6:30A | OPEN (Full Gym) 5:30 - 8:15A | Boot Camp 5:30-6:30A | OPEN 5:30 - 7:15A | CLOSED |
| 6:00am | | | | | | | |
| 7:00am | | | | | OPEN (Full Gym) 6:30 - 9:30A | | OPEN (Full Gym) 6:30-8:30A |
| 7:30am | | | 40+ BB (Full Gym) 7:15 - 9:15A | | | 40+ BB (Full Gym) 7:15 - 9:15A | |
| 8:00am | OPEN (Full Gym) 8-10A | | | Kettlebells 1/2(8:15-9:30A) | | | |
| 8:30am | | TRX 9-9:30A (1/2 Gym) | | | | | |
| 9:00am | | | | | | | |
| 9:30am | | (Open 1/2 Gym) 9A-12P | Pickleball 9:30A - 12P Drop In (Full Gym) | (Open 1/2 Gym) 8:30A-12P | Pickleball 9:30A - 12P Drop In (Full Gym) | (Open 1/2 Gym) 9:30A-12P | OPEN (Full Gym) 8:30A-12P |
| 10:00am | OPEN 10-11A (Full Gym) | | | | | | |
| 10:30am | | TOT (1/2 Gym) 9:30A - 12P | | TOT (1/2 Gym) 9:30A - 12P | | TOT (1/2 Gym) 9:30A - 12P | |
| 11:00am | Tumbling 11A-12P | | | | | | |
| 11:30am | | | | | | | |
| 12:00pm | Family (Full Gym) 12-2P | Kettlebells 1/2(12:15-12:45P) | MCC PUMP 1/2(12:15-12:45P) | OPEN (Full Gym) 12-5P | OPEN (Full Gym) 12-2:30P | OPEN (Full Gym) 12-5P | OPEN (Full Gym) 12-4P |
| 12:30pm | | | | | | | |
| 1:00pm | | OPEN (Full Gym) 1-5P | OPEN (Full Gym) 1-2:30P | | | | |
| 1:30pm | | | | | | | |
| 2:00pm | OPEN (Full Gym) 2-6P | | | | | | |
| 2:30pm | | | HS/MS OPEN (1/2 Gym) 2:30-5P | | HS/MS OPEN (1/2 Gym) 2:30-5P | | |
| 3:00pm | | 1/2 Open 1/2 ASF 5-6P | | | | | |
| 3:30pm | | | | 1/2 Open 1/2 ASF 5-6P | | 1/2 Open 1/2 ASF 5-6P | |
| 4:00pm | | Family Gym (1/2 Gym) 6-7P | | | | | Family (Full Gym) 4-6P |
| 4:30pm | | | | Family Gym (1/2 Gym) 6-7:30P | | Family Gym (1/2 Gym) 6-7P | |
| 5:00pm | | | 1/2 Open 1/2 ASF 5-6P | | 1/2 Open 1/2 ASF 5-6P | | |
| 5:30pm | | TRX 5:30-6:00P Cardio Kickboxing 6:15-7:30P | | | | | |
| 6:00pm | Futsal (Soccer) (Full Gym) 6:00 - 7:55P | | Open (Full Gym) 6-7:30P | OPEN (1/2 Gym) 6-7:30 | Open (Full Gym) 6-7:30P | OPEN (1/2 Gym) 6-7P | OPEN (Full Gym) 6- 7:55P |
| 6:30pm | | | | | | | |
| 7:00pm | | | | | | | |
| 7:30pm | | Adult Bball (Full Gym) 7:30 - 8:55P | Futsal (Soccer) (Full Gym) 7:30 - 8:55P | Adult Bball (Full Gym) 7:30 - 8:55P | Open (Full Gym) 7-8:55P | Open (Full Gym) 7-8:55P | |
| 8:00pm | FACILITY CLOSES 8:00P | | | | | | FACILITY CLOSES 8:00P |
| 8:30pm | | | | | | | |
| 9:00pm | | FACILITY CLOSES AT 9:00P MONDAY - FRIDAY | | | | | |

## *Key and Descriptions*

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

FG = Family Gym (Parent/Guardian with child(ren) only).

Futsal =Soccer Alternative Drop In Program 16+

Adult Open Basketball 18+ and out of HS

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre=registered Fitness Class

Tumbling, Ages 3-5

*****When 1/2 Gym is reserved/scheduled**
**the other 1/2 is Open Gym*****
**MCC reserves the right to alter this schedule**
**Please call us or check the town web**
**for updates at www.mansfieldcc.com**

*******GYM RESERVED*******

6/3 Family Fun Night 5:30-8:30P

6/5 Free Mansfield Day 12-3P

6/25 Family Fun Night 4:30-7:30P Minute to Win It Family Game Night

6/30 Red Cross Blood Drive 10:15A-5:45P,1/2 Gym