

FREE

ELLIS ATHLETIC CENTER
OPEN HOUSE LINE UP

FREE

#ROCKTHELOT

THURS. 10/8

5:30am OPEN
6:00am OUTDOOR Cardio
9:15am LIVE on Zoom
Cardio Shred
9:45am OUTDOOR Spin
12pm - 5pm OPEN
COURT SPORTS
5:00pm OUTDOOR
Beatboss Biking
5:45pm C.L.I.M.B. - GYM
7pm - 8pm PICK UP
ADULT PICKLE BALL!

FRI. 10/9

5:30am OPEN
6:00am OUTDOOR Spin
9:15am OUTDOOR Spin
10am LIVE on ZOOM
LesMills GRIT
11am Silver Sneakers
12:15pm H.I.I.T - GYM
and LIVE on Zoom!
1pm - 4pm OPEN
COURT SPORTS
5pm OUTDOOR
Yoga & Wine

SAT. 10/10

7am OPEN
8am OUTDOOR Bootcamp
8:30am OUTDOOR LesMills BODYPUMP
9am LIVE on ZOOM H.I.I.T
9:30am OUTDOOR Spin
10:30am Women's Small Group Training
11:00am OUTDOOR Spin
11:15am Excel Little Jumpers 5-7yr Bball
12pm Youth Sports Training 12yr+
1pm - Excel B-ball Clinic 1st - 4th gr
2pm - Excel B-ball Clinic 5th - 8th gr
3pm HALF COURT SHOT CHALLENGE!
... & THE MEGA SLING SHOT CHALLENGE!

11am-2pm

**PRIZES
DELCO STEAKS
FREE CLASSES DJ
FREE PLAYCARE**

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SUN. 10/11

7am OPEN
8am - 10am
Pick Up Basketball
9am OUTDOOR LesMills GRIT
12pm
10:30am OUTDOOR Spin
Youth Pick-Up Basketball

SPIN BIKES MUST BE RESERVED 610-355-7360