

Gym & Recreation Schedule

May 1 - August 28, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Pickleball Intermediate/Adv. (7:00-9:00 am)		Pickleball Intermediate/Adv. (7:00-9:00 am)	
Pickleball Intermediate/Adv. (9:00-11:00 am)		Pickleball Intermediate/Adv. (9:00-11:00 am)		Pickleball Intermediate/Adv. (9:00-11:00 am)
Indoor Walking Challenge (11:00 am-12:00 pm)	Indoor Walking Challenge (11:00 am-12:00 pm)	Indoor Walking Challenge (11:00 am-12:00 pm)	Indoor Walking Challenge (11:00 am-12:00 pm)	Indoor Walking Challenge (11:00 am-12:00 pm)

**Everything in the above schedule is included in land or combo packages. Refer to our Wellness Pricing sheet for current join fees and package rates.*

Indoor Walking Challenge: Get your steps in, stay accountable, and connect with others in a climate-controlled environment, on stable ground, all year long! Participants are encouraged to set personal goals and track their progress while enjoying the benefits of low-impact movement.

Pickleball: For competitive players to get a few good rounds of play in! A sign-up sheet goes out via email every Friday. To get on the email list, contact Steven Broyles, Pickleball Ambassador, at steven.broyles@cortland.edu. Are you a pickleball beginner or looking for more casual play with friends?

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Gymnastics Classes: Our six-week sessions of gymnastics classes help kids build strength, coordination, and confidence through movement. Whether your child is just starting out or already cartwheeling, we've got a class for them! **(Not included in land or combo packages.)**

Session | May 18 – June 30 (No classes on May 25 and 26)

Registration Dates: April 13 – May 11
(Refer to our Wellness Pricing sheet for session pricing.)

Schedule:

- Pre-School I (ages 2-4 with parent): Monday, 4:00–4:45 pm
- Pre-School II (ages 3-5): Monday, 5:00–5:45 pm
- Beginner Gymnastics (ages 5-12): Monday, 6:00–7:00 pm
- Pixie Gymnastics (ages 1-2 with parent): Tuesday, 9:30–10:15 am

Weight Room: Members with land packages* can utilize our weight room freely or meet with one of our personal trainers to design a program tailored to their fitness goals. Equipped with a HOIST Strength Circuit and Power Cage, free weights, and various Precor cardio machines, our weight room offers a well-rounded workout experience!

If you are new to using workout equipment and will be working without a trainer, please book an appointment with the front desk to ensure safe and proper use of the equipment. Adults who are already familiar with using workout equipment are not required to book this appointment.

Personal Training: Don't know where to start? Need accountability to stay motivated? Book training sessions with one of our certified personal trainers, Debi Barber and Laurie Greene.

1 session	3 sessions	5 sessions	10 sessions	20 sessions
\$38	\$105	\$160	\$300	\$550