

January Pickleball Schedule



The Gym Schedule is subject to change,
and may vary based on Rec Center needs.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	9:30-12:30pm 3 Courts Pickleball
7-11:15am & 7-9pm 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	7-11:15am 3 Courts Pickleball	9:30-12:30pm 3 Courts Pickleball
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The gym is set-up for three Pickleball courts and quantity of players and the skill level of players may vary daily. Pickleball equipment may be signed out at no charge from the 125 LIVE Fitness Desk for 125 LIVE Members. All 125 LIVE Members must scan-in at 125 LIVE prior to using the gym.

What is Pickleball? Similar to tennis, but played with a wooden paddle and whiffle ball. The game is played on a smaller surface area and the court is designed to better accommodate individuals that may have less mobility. For more information about rules or how to play feel free to ask the 125 LIVE Wellness Director, or stop by the gym and observe a few games.