

## Augusta Hills LRCC Gym & Lodge Program Writeups

June 28-August22, 2021

### Gym:

**Open Gym:** If there is no scheduled program in the gym, it is considered Open Gym (free access for members, non-members may purchase a day pass for \$3). Children under 12 must be accompanied by an adult. Check our online calendar.

**Beginner Pickleball:** 9-10a Wednesdays & Fridays, 4-5p Thursdays; For those new to Pickleball, use this hour to get comfortable with the game. Members (included in membership) and Non-Members (with purchase of \$3 day pass) are invited to join us for Beginner Pickleball in the gym. All ages are welcome. Children under 12 must be accompanied by an adult.

**Adult Pickup Pickleball:** 10a-12p Wednesdays & Fridays; Members (included in membership) and Non-Members (with purchase of \$3 day pass) are invited to join us for Adult Pickup Pickleball in the gym. This will use the whole gym (3 courts).

**All Ages Pickup Pickleball:** 10a-12p Thursdays, 5-7p Thursdays; Members (included in membership) and Non-Members (with purchase of \$3 day pass) are invited to join us for All Ages Pickup Pickleball in the gym. This will use the whole gym (3 courts). All ages are welcome. Children under 12 must be accompanied by an adult.

**All Ages Pickup Basketball:** 5-7p Wednesdays, 1-3p Fridays; Members (included in membership) and Non-Members (with purchase of \$3 day pass) are invited to join us for All Ages Pickup Basketball in the gym. Basketball will be half court. All ages are welcome. Children under 12 must be accompanied by an adult.

### **Core:** 2-2:30p Sundays

Members: FREE; Non-Members \$3/class. Class size limited, sign up now to reserve your spot.

Instructor: Dr. Sarah Ragan

This 30 minute workout is designed to challenge and strengthen your core muscles, through a variety of exercises using your body weight and a large exercise ball. This class is great for those just starting their exercise journey or the more advanced looking for a targeted exercise class. Modifications can be made for most exercises to accommodate a wide range of abilities. Exercises will be done standing, seated, on an exercise ball, and lying on the floor. Therefore, participants should be able to sit on the ground and

get back up with minimal assistance. Mats and exercise balls are provided, but feel free to bring your own equipment if desired. Class participants should be 18 years or older.

**Beginner Bootcamp:** 2:30-3:30p Sundays

Members: \$3/class; Non-Members: \$5/class. Class size limited, sign up now to reserve your spot.

Instructor: Dr. Sarah Ragan

This 45-60 minute workout is designed to build your strength and endurance.

Through a combination of exercises using your own body weight, aerobic activities, and light hand weights you will work all the muscle groups to create a stronger, healthier you. This class is great for those just starting their exercise journey or even those looking to increase their current activity levels. Modifications can be made for most exercises to accommodate a wide range of abilities. Exercises will be done standing, seated, and lying on the floor. Therefore, participants should be able to sit on the ground and get back up without assistance. Mats, hand weights, jump ropes are provided, but feel free to bring your own equipment if desired. Class participants should be 18 years or older.

**Lodge:**

**Free Community Hours:** At no charge, all are invited to take advantage of our Gathering Room in the Lodge. Enjoy the view, chat with friends, play games, and more. Free Community Hours are subject to change, please consult the online calendar for the most up-to-date information. All ages are welcome. Children under 12 must be accompanied by an adult.

**Cards & Board Game Night:** 5-7p Wednesdays; All are invited to come and enjoy a few rounds of cards or break out the board games and challenge your friends. All ages are welcome. Children under 12 must be accompanied by an adult. There is no charge for this program.