

# FALL 2021 SLCC REC DROP-IN FITNESS AND SPORTS

## Open to all SLCC Students, Faculty and Staff

\*\*\*\* ALL DROP-IN BASKETBALL, BADMINTON, VOLLEYBALL AND PICKLEBALL HAVE SPECIAL DATES UNTIL OCTOBER PLEASE  
CHECK THE WEBSITE FOR UP TO DATE INFORMATION\*\*\*\*

<b>Time</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>6:00 – 6:50am</b>	Zumba LAC 176	Fit and Firm Physiques LAC 176	Zumba LAC 176	Fit and Firm Physiques LAC 176		
<b>7:00 – 7:50am</b>	Core Pilates Barre LAC 176	Pickleball LAC 190	Core Pilates Barre LAC 176	Pickleball LAC 190		
<b>8:30 – 9:20am</b>		Zumba LAC 176		Zumba LAC 176		
<b>10:00 – 10:50am</b>	Core Pilates Barre LAC 176		Core Pilates Barre LAC 176			Zumba LAC 176
<b>10:00 – 10:50am</b>						
<b>11:30 – 12:20am</b>		Indoor Cycling LAC 102		Indoor Cycling LAC 102		
<b>12:00 – 1:00pm</b>	Drop-in Basketball		Drop-in Basketball		Drop-in Basketball	
<b>2:30 – 3:20pm</b>		HIIT Training LAC 176		HIIT Training LAC 176		
<b>4:00 – 4:50pm</b>		Kickboxing LAC 176		Kickboxing LAC 176		
<b>7pm – 10pm</b>	Drop-in Basketball		Drop-in Badminton	Drop-in Volleyball		

For more information, please go to:  
[www.slcc.edu/recreation](http://www.slcc.edu/recreation)