## Littles



## **Adult Athletics Ping Pong Drop-In** Free Tu, Th 8:30-10:30AM Fun and competitive drop-in table tennis **\$8**-**Gentle & Chair Yoga** M, W, F 9AM | M, W 10:30AM **\$45** Build strength, increase flexibility, & improve balance. Basketball Adult Drop-In M, W, F 12-2PM or Pass Drop-In competitive or independent for 18+ **\$15**-Barre / HIIT Class F-10:30-11:30AM \$60 Full-body workout, intervals of strength and cardio. \$15-**Beginner Barre Class** Su - 9:30-10:30AM **\$60** Beginner class with flow yoga light workout and barre movement. Yin Yoga + Meditation \$50 Th - 6:15-7:30PM A six-week series of deep stretches and relaxation. \$2-4 **Pickleball** or M, W, F 8:30-11:30AM Pass Drop-In pickleball, all experience levels welcome. Basketball Drop-In Full Court Pickup Cames \$2-4 or Tu 6:30-8:30PM Pass

Drop-In for fun, competitive Adult Basketball pickup games.

## **Adult Activities**

