

Fort Collins Club | Gymnasium Schedule

Monday		
Class	Time	Instructor
1/2 Court Reserved PSD 360 class	5:15 - 6:05am	
FCC Basic Training	8:15 - 9:15am	Heather
FCC Basic Training	9:15 - 10:15am	Paula
Full Court Basketball Challenge	10:30am - 1:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
FCC Basic Training	5:30 - 6:30pm	Paula
Tuesday		
Class	Time	Instructor
FCC Basic Training	6 - 7am	Eric / Abbie
FCC Box Fit	9 - 10am	Michelle
Pickleball Beginners & Drills	12:30 - 1:30pm	Margie
Pickleball Games	1:30 - 3:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
Wednesday		
Class	Time	Instructor
1/2 Court Reserved PSD 360 class	5:15 - 6:05am	
FCC Basic Training	8:15 - 9:15am	Heather
FCC Basic Training	9:15 - 10:15am	Paula
Full Court Basketball Challenge	12:30 - 1:30pm	
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
FCC Basic Training	5:30 - 6:30pm	Jenn

Thursday		
Class	Time	Instructor
FCC Basic Training	6 - 7am	Eric / Abbie
FCC Box Fit	9 - 10am	Michelle
Pickleball Beginners & Drills	12:30 - 1:30pm	Margie
Pickleball Games	1:30 - 3:30pm	Margie
1/2 Court Reserved PSD 360 class	4:30 - 5:25pm	
Friday		
Class	Time	Instructor
FCC Basic Training	8:15 - 9:15am	Heather / Jenn
FCC Basic Training	9:15 - 10:15am	Heather / Jenn
Full Court Basketball Challenge	10:30am - 1:30pm	
Saturday		
Class	Time	Instructor
FCC Basic Training	8:30 - 9:30am	Scott
Sunday		
Class	Time	Instructor
Badminton	8 - 9am	
Full Court Basketball Challenge	9 - 12pm	
Pickleball Beginners and Drills	12:30 - 1:30pm	
Pickleball Games	1:30 - 3:30pm	

Please note

Full Court Basketball Challenge

Monday, Wednesday, Friday | Open to ages 18 & up

Sunday | Open to ages 16 & up



1307 E Prospect Rd
970.224.2582

Fort Collins Club | **Gymnasium**

Basketball Leagues

During fall and winter, leagues form for Tuesday and Thursday evening teams.

Pick your own team or we can assist placing in you on a team.

Fall leagues begin mid-September

Winter leagues begin mid-January

Full - Court Challenge | 10:30 am - 1:30 pm | Monday, Wednesday, Friday

- Full-court basketball games only
- Must be 18 years or older to participate
- Must be 14 years or older to participate during all other times
- Challenge rules and sign-up board are in the gym
- Full-Court Challenge is scheduled when leagues are not in play

Pickleball

A simple racquet sport played using a special perforated ball.

Open Gym

Open Gym refers to half-court basketball games and basketball shooting.

No full-court games are allowed.

Children under 12 years must be directly supervised by an adult 18 years or older.

FCC Basic Training

This class transforms workouts into sport through constantly varied, high-intensity, functional movements. Basic Training meets in the gymnasium.

FCC Box Fit

Strength conditioning and occasional mit work and conditioning in a circuit training format. Box Fit meets in the gymnasium.

Pick-Up Ping Pong

Tuesday | 5:30 - 7:00 pm | Open table night when leagues are not in session. All skill levels welcome.

Badminton Open Play

Set-up policy | Half court badminton may be set up during open gym if fewer than six people are playing basketball. The club can provide racquets and birdies upon request.

PSD Wellness classes

Wellness classes for Poudre School District teachers that are held at FCC and Miramont North locations.

