

# Fort Collins Club | Gymnasium Schedule

Monday		
Class	Time	Instructor
FCC Basic Training	8:15 - 9:15am	Heather
FCC Basic Training	9:15 - 10:15am	Heather
Full Court Basketball Challenge	10:30am - 1:30pm	
Tuesday		
Class	Time	Instructor
FCC Basic Training	6 - 7am	Eric / Abbie
FCC Box Fit	9 - 10am	Michelle
Pickleball Beginners & Drills	12:30 - 1:30pm	
Pickleball Games	1:30 - 3:30pm	
Open Ping Pong Table North end of Gym	5:30 - 7pm	
Wednesday		
Class	Time	Instructor
FCC Basic Training	8:15 - 9:15am	Heather
FCC Basic Training	9:15 - 10:15am	Heather
Full Court Basketball Challenge	12:30 - 1:30pm	
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	
Pickleball Games	1:30 - 3:30pm	
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



## 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.

