

# SBCC 20th Anniversary **FREE Week** Schedule: January 5-11, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Drop-in Pickleball 6-8 a.m.	Adult Drop-in Volleyball 6-8 a.m.	Adult Drop-in Basketball 6-8 a.m.	Adult Drop-in Volleyball 6-8 a.m.	Adult Drop-in Pickleball 6-8 a.m.	Adult Drop-in Basketball 8-10 a.m.	Family Drop-in Badminton 8-10 a.m.
* Cycling 6-7 a.m.	Total Body Fitness 6-6:50 a.m.	* Cycling 6-7 a.m.	Total Body Fitness 6-6:50 a.m.	Jazzercise 9:15-10:15 a.m.	Jazzercise 8:15-9:15 a.m.	Yoga for Women's Health 9:15-10:15 a.m.
Adult Badminton Clinic 8:30-10 a.m.	Adult Beginner Pickleball 8:30-10 a.m.	Adult Badminton Clinic 8:30-10 a.m.	Adult Beginner Pickleball 8:30-10 a.m.	Pilates 9:15-10:15 a.m.	Family Drop-in Basketball 10 a.m.-12 p.m.	Family Drop-in Pickleball 10 a.m.-12 p.m.
Fit 360 9:15-10:15 a.m.	Jazzercise 9:15-10:15 a.m.	Fit 360 9:15-10:15 a.m.	Jazzercise 9:15-10:15 a.m.	Indoor Play 10:30 a.m.-12 p.m.	Sound Bath 10:30-11:45 a.m.	Chair Yoga for Older Adults 10:30-11:30 a.m.
Jazzercise 9:15-10:15 a.m.	Functional Fitness 9:15-10:15 a.m.	Jazzercise 9:15-10:15 a.m.	Foa.m. Rolling 9:15-10:15 a.m.	Tai Chi & Mindful Movement 10:30-11:30 a.m.	<div><div>*</div> Class held outdoors under cover</div> <div><div></div> Drop-in Activities</div> <div><div></div> Fitness Classes</div> <p>No registration necessary. Just come! Space is limited on a first come, first serve basis.</p>	
Pilates 9:15-10:15 a.m.	Cycle/Stretch 10:30-11:30 a.m.	Indoor Play 10:30 a.m.-12 p.m.	Cycle/Stretch 10:30-11:30 a.m.	ZUMBA 10:30-11:30 a.m.		
Indoor Play 10:30 a.m.-12 p.m.	Gentle Yoga 11:45 a.m.-12:45 p.m.	Active Adult Fitness 10:30-11:30 a.m.	Adult Drop-in Pickleball 3-5 p.m.	Gentle Movement 11:45 a.m.-12:45 p.m.		
Active Adult Fitness 10:30-11:30 a.m.	Open Art Studio 1-3 p.m.	Adult Drop-in Badminton 10:30 a.m.-12:30 p.m.	Adult Drop-in Basketball 6-8 p.m.	Board Ga.m.e Bonanza 1-3 p.m.		
ZUMBA 10:30-11:30 a.m.	Adult Drop-in Volleyball 6-8 p.m.	Bridge Bunch 1-3 p.m.		Adult Drop-in Pickleball 1-3 p.m.		
Adult Drop-in Badminton 10:30 a.m.-12:30 p.m.	Fit 360 7-7:50 p.m.	Yoga-All Levels 6-6:50 p.m.		Adult Drop-in Volleyball 4-6 p.m.		
Adult Line Dancing 1-3 p.m.		Adult Drop-in Badminton 6-8 p.m.		Jazzercise Glow Dance Party (18+) 6:30-7:30 p.m.		
ZUMBA 6-6:50 p.m.						
Adult Drop-in Badminton 6-8 p.m.						
Small Group Training 7-7:50 p.m.						