



FITNESS COURT

Fall Schedule 2023
(effective Aug 14)

Four Seasons I
904 Four Seasons Rd, Bloomington, IL 61701

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30			5:15-6:00AM Muscle Mix		5:15-6:00AM HITT Bootcamp		
6:00							
6:30							
7:00							
7:30							
8:00	7:45-8:45 AM Strong 4 Life Group Fitness		7:45-8:45 AM Strong 4 Life Group Fitness		7:45-8:45 AM Strong 4 Life Group Fitness		
8:30							
9:00							
9:30	9:15-10:15AM Stronger	9:15-10:00AM HITT Bootcamp	9:15-10:15AM Stronger				
10:00							
10:30						10:15-11:15AM General Karate	
11:00							
11:30				11:30-12:00 Stronger			
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							2:30-5:30 PM Pickleball
4:00							
4:30		3:30-6:30 PM Pickleball		3:30-6:30 PM Pickleball			
5:00							
5:30						Club Closes at 6 PM	Club Closes at 6 PM
6:00							
6:30							
7:00	6:30-9:30 PM Badminton		6:30-9:30 PM Badminton		Club Closes at 8 PM		
7:30							
8:00							
8:30							
9:00							
9:30	Club Closes at 10 PM	Club Closes at 10 PM	Club Closes at 10 PM	Club Closes at 10 PM			

Club/Gym Policies:

- Members age 11 and under must have direct supervision of a parent or guardian 18+ at all times.
- Food and drinks are prohibited, except for closed water bottles.
- Shirt and shoes required at all times.
- All court games are pick-up style at all times on a first come, first served basis.
- During busy times, half-court games are required to allow more members to play.
- Basketball or volleyball leagues are not offered, nor are members allowed to organize formal practices, unless gym has been rented & reserved.
- Lost or damaged basketballs will result in a \$50 replacement fee and suspension from the club until payment is made.
- Only basketballs, volleyballs, badminton shuttlecocks, and pickle balls are allowed in the gym – no footballs, dodge balls, etc.
- The netted area with low baskets is for members 8 and under only, with direct supervision of a parent or guardian age 18+.
- Dunking and/or hanging on rims is not permitted.
- Failure to comply with club policies may result in suspension or termination of membership.



SPORTS COURT

Fall Schedule 2023

(effective Aug 14th)

Four Seasons I
904 Four Seasons Rd, Bloomington, IL 61701

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30						Club Closes at 6PM	Club Closes at 6PM
6:00							
6:30							
7:00							
7:30					Club Closes at 8PM		
8:00							
8:30							
9:00							
9:30	Club Closes at 10PM	Club Closes at 10PM	Club Closes at 10PM	Club Closes at 10 PM			

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