

# Sentara RMH Wellness Center Court Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30	WORKOUT SPACE	WORKOUT SPACE	WORKOUT SPACE	WORKOUT SPACE	WORKOUT SPACE			5:30
6 am	ADULT PICKUP BASKETBALL	OPEN HOOPS	ADULT PICKUP BASKETBALL	OPEN HOOPS	ADULT PICKUP BASKETBALL			6 am
6:30								6:30
7 am								7 am
7:30								7:30
8 am	OPEN HOOPS		OPEN HOOPS		OPEN HOOPS	OPEN HOOPS		8 am
8:30								8:30
9 am								9 am
9:30								9:30
10 am		PICKLEBALL BY RESERVATION		PICKLEBALL BY RESERVATION				10 am
10:30	GROUP FITNESS CLASS		GROUP FITNESS CLASS					10:30
11 am								11 am
11:30								11:30
12 pm	11:30 ADULT PICKUP BASKETBALL	12:00 Metabolic	11:30 ADULT PICKUP BASKETBALL	12:00 Metabolic	11:30 ADULT PICKUP BASKETBALL		OPEN HOOPS	12 pm
12:30								12:30
1 pm						PICKLEBALL BY RESERVATION		1 pm
1:30								1:30
2 pm		PICKLEBALL BY RESERVATION		PICKLEBALL BY RESERVATION				2 pm
2:30								2:30
3 pm	OPEN HOOPS		OPEN HOOPS		OPEN HOOPS			3 pm
3:30								3:30
4 pm						OPEN HOOPS		4 pm
4:30								4:30
5 pm								5 pm
5:30	5:30 Metabolic	5:30 Metabolic	5:30 Metabolic	Group Training				5:30
6 pm								6 pm
6:30	OPEN HOOPS	PICKLEBALL BY RESERVATION	OPEN HOOPS	PICKLEBALL BY RESERVATION	OPEN HOOPS			6:30
7 pm								7 pm
7:30								7:30
8 pm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	8 pm

### Pickleball Reservations

Pickleball was designed to be easy to learn and play! This popular game is a combination of tennis, and badminton. Using a Pickleball paddle, wiffle ball, and a low net makes it ideal for all ages and abilities. One game court will be available on the hour for reservations. Reservations are for 55 minutes of play. Reservations are **FREE** for members. Net is provided. Players in the first available time slot will be responsible for setting the net up and the last reservation will be responsible for putting it away.

**Nonmembers** are also welcome - The following fees will apply.

Doubles Reservation (4 Players on 1 court) **Cost:** \$12 per nonmember player

Singles Reservation (2 Players on 1 court) **Cost:** \$18 per nonmember player

Paddles and Pickleballs **not included** in the reservation court fee. If you bring your own Pickleballs and Paddles, balls must be approved for indoor use. Paddles and balls will be for sale in our shop.

Look for more information on our Website on how to make your Pickleball reservation!

### Adult Pick Up

Adult Pick-up is available to those age 16 and up to play full court pickup basketball.

### Open Hoops

Open Hoops is a time for shooting hoops or playing games. During this time, the court should be used as a shared space if others are waiting to shoot baskets.

Children under the age of 12 must be under the supervision of a parent. Youth members age 12 and over may play while the parent remains in the facility.

\*15 minute set up time required before class.