

MAY

2025

Gym Hours of Operation

Monday-Thursday- 10:00 am- 8:00 pm

Friday- 10:00 am- 7:00pm

Saturday- 10:00 am- 6:00pm


Sunday- Closed

AUBURNDALE COMMUNITY CENTER

405 Bennett St. Auburndale, FL 33823

863-965- 6362 www.auburndalefl.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 27	28	29	30	MAY 1	2	3
GYM CLOSED	PICKLEBALL QUILTING AEROBICS JUDO OPEN-GYM	PICKLEBALL KARATE OPEN-GYM-1 SIDE AYBSL PRACTICE/GAMES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE ZUMBA OPEN-GYM-1 SIDE AYBSL PRACTICE/GAMES	PICKLEBALL JUDO OPEN-GYM	OPEN-GYM
4	5	6	7	8	9	10
GYM CLOSED	PICKLEBALL QUILTING AEROBICS JUDO OPEN-GYM	PICKLEBALL KARATE OPEN-GYM-1 SIDE AYBSL PRACTICE/GAMES	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE ZUMBA OPEN-GYM-1 SIDE AYBSL PRACTICE/GAMES	PICKLEBALL JUDO OPEN GYM	OPEN-GYM
11	12	13	14	15	16	17
GYM CLOSED	PICKLEBALL QUILTING AEROBICS JUDO OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE ZUMBA OPEN-GYM	PICKLEBALL JUDO OPEN-GYM	5 th Annual ISA Invitational Tournament  9AM-CLOSE
18	19	20	21	22	23	24
5 th Annual ISA Invitational Tournament  9AM-CLOSE	PICKLEBALL QUILTING AEROBICS JUDO OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL ART JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL JUDO OPEN GYM	YBOA SUMMER SLAM  9AM-CLOSE
25	26	27	28	29	30	31
YBOA SUMMER SLAM  9AM-CLOSE	GYM CLOSED MEMORIAL DAY	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL JUDO AEROBICS BADMINTON OPEN-GYM	PICKLEBALL KARATE OPEN-GYM	PICKLEBALL JUDO OPEN GYM	YBOA BOYS STATE CHAMPIONSHIP  9AM-CLOSE

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DAILY ACTIVITIES/ CLASSES OFFERED & DESCRIPTION

- **Pickle Ball** - Pickleball is a fun, social and friendly game! The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game. **Free** to ALL AGES **Monday-Friday ONLY- Starts @ 10am- Ends @ 2:30pm** Contact Rob Striegel @ rob_striegel@hotmail.com/Brian Toune @ bltoun@aol.com for more information.
- **Open Gym for Basketball** - Time when all individuals can play basketball in the gym without structure or instruction. **Free** to ALL AGES- **Starts @ 12pm MONDAY-THURSDAY/FRIDAY @10am**
- **Auburndale Youth Basketball Spring League** - Basketball league catering to ages 5-15. Mission to give kids an experience where they can learn and play the game of basketball. For more information about the league and the registration process, follow/message "Auburndale Youth Basketball" on Facebook or email auburndaleyouthbasketball@gmail.com **Practices on Tuesday and Thursday starting 03/25/25 @ 5:30pm/ Games are played on Tuesday and Thursday.**
- **Rockland Judo** - Japanese martial art and sport that emphasizes quick movement, leverage, and using an opponent's force to one's advantage. Aimed to be the highest and most efficient use of both physical and mental energy. **Monday, Wednesday, & Friday ONLY Starts @ 5pm- Close** Refer to Sensei Michael @ 914-527-5490 for prices and more information.
- **Main Street Karate Dojo** - teach and practice traditional martial arts through American Goju Karate. Goju-ryu karate incorporates both hard and soft techniques, including kicks, punches, joint locks, grappling, and throws. **Tuesday & Thursday ONLY 5:30pm-Close** Refer to Sensei Larry for prices! 863-289-4607 for more information.
- **Badminton** - Fun a fast-paced racket sport that involves hitting a shuttlecock over a net into the opponent's court. **Free** to ALL AGES **Wednesday ONLY 6:30pm- 8pm** * Must be a group of 4 or more to play. Please contact Sampson Abraham 863-397-7020 for more information.
- **Xtreme Aerobics** - High energy toning and cardio class offered by Licensed Xtreme Instructor Carla Davis \$10/class-**Monday. & Wednesday ONLY 6pm-7:30pm**-Contact Carla Davis @ cdavis27@gmail.com for more information.
- **Zumba with Monica** - 1 Hour dance fitness class with Latin rhythms like salsa, meringue, and cha cha! No experience needed Beginners are welcome! **Thursday ONLY 6:15pm-7:15pm** Contact Monica Licensed Zumba Instructor @ <https://zumba.com/p/monicapezza> for more information.
- **Quilting Class** - Group of individuals gather to stitch multiple layers of fabric together to create padded material, typically for a quilt or quilted garment. Must provide own supplies. **Free** to ALL AGES **Monday ONLY 10am- 2pm** Contact Barbara Whitney @ grammybabs65@comcast.net for more information.
- **Art Class** - Place where individuals can learn to draw, paint, and develop their artistic skills. Must provide your own art materials. **Free** to ALL AGES - **Wednesday ONLY 11am-4pm** Contact Carol Frye @ cfrye4art@msn.com for more information.