

# AUGUST

# 2026

## 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](http://www.auburndalefl.com)



| Sunday        | Monday                                                 | Tuesday                                   | Wednesday                                                             | Thursday                                  | Friday                                         | Saturday                  |
|---------------|--------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------|------------------------------------------------|---------------------------|
| AUGUST 2      | 3                                                      | 4                                         | 5                                                                     | 6                                         | 7                                              | 8                         |
| GYM<br>CLOSED | PICKLEBALL<br>QUILTING<br>JUDO<br>AEROBICS<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>OPEN-GYM          | PICKLEBALL<br>JUDO<br>LINE DANCE<br>BADMINTON<br>OPEN-GYM             | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>JUDO<br>OPEN-GYM-<br>CLOSED @3PM | BACK TO<br>SCHOOL<br>BASH |
| 9             | 10                                                     | 11                                        | 12                                                                    | 13                                        | 14                                             | 15                        |
| GYM<br>CLOSED | PICKLEBALL<br>QUILTING<br>AEROBICS<br>JUDO<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>LINE DANCE<br>AEROBICS<br>JUDO<br>BADMINTON<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>JUDO<br>OPEN-GYM                 | OPEN-GYM                  |
| 16            | 17                                                     | 18                                        | 19                                                                    | 20                                        | 21                                             | 22                        |
| GYM<br>CLOSED | PICKLEBALL<br>QUILTING<br>AEROBICS<br>JUDO<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>LINE DANCE<br>AEROBICS<br>JUDO<br>BADMINTON<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>JUDO<br>OPEN-GYM                 | OPEN-GYM                  |
| 23            | 24                                                     | 25                                        | 26                                                                    | 27                                        | 28                                             | 29                        |
| GYM<br>CLOSED | PICKLEBALL<br>QUILTING<br>AEROBICS<br>JUDO<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>LINE DANCE<br>AEROBICS<br>JUDO<br>BADMINTON<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>JUDO<br>OPEN-GYM                 | OPEN-GYM                  |
| 30            | 31                                                     | SEPTEMBER 1                               | 2                                                                     | 3                                         | 4                                              | 5                         |
| GYM<br>CLOSED | PICKLEBALL<br>QUILTING<br>AEROBICS<br>JUDO<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>LINE DANCE<br>AEROBICS<br>JUDO<br>BADMINTON<br>OPEN-GYM | PICKLEBALL<br>KARATE<br>ZUMBA<br>OPEN-GYM | PICKLEBALL<br>JUDO<br>OPEN-GYM                 | OPEN-GYM                  |

# AUBURNDALE COMMUNITY CENTER

## DAILY ACTIVITIES/ CLASSES OFFERED

## DESCRIPTION & CONTACT INFORMATION

- **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 Mon./Wed./Fri.- Competitive**  
**Tues./Thurs.- Recreational**
- **Open Gym for Basketball**- Time when all individuals can play basketball in the gym without structure or instruction. **Free to ALL AGES- Starts @ 10am/Ends @8pm MONDAY- FRIDAY/ SATURDAY STARTS @ 10AM/ENDS @ CLOSING TIME**
- **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 6:00pm- 8pm \* Must be a group of 4 or more to play.** Please contact Sampson @ 863-397-7020/Stephen @ 863-734-9085 for more information.
- **Xtreme Aerobics**- High energy toning and cardio class offered by Licensed Xtreme Instructor Carla Davis-**Monday. & Wednesday ONLY 6pm-7:30pm-Contact Carla @ [cddavis27@gmail.com](mailto:cddavis27@gmail.com)** for more information.
- **Zumba and Bellydance Classes**- Classes are dynamic and designed for different age groups. No previous experience needed, just a desire to learn, dance, and have fun! **Tuesday 10:00 am-11:00am Tues./Thurs 6:00pm-7:00pmTeen/Adult Zumba, Contact Shaira Amon at [www.shairaamon.com](http://www.shairaamon.com) or [shairaamondance@gmail.com](mailto:shairaamondance@gmail.com)** for more information.
- **Line Dancing Classes**- Line up to have fun, get fitness, and gain friendship through Line Dancing. **Wednesday ONLY 1:00pm- 3:00pm- \$5 Per Person. Contact Kim for more information @ [4everdancingkim@gmail.com](mailto:4everdancingkim@gmail.com)**
- **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@gmail.com](mailto:grammybabs65@gmail.com) or [comcast.net](http://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](mailto:cfrye4art@msn.com) for more information.