

# City of Auburn Hills Community Center

## Fall Gym Schedule September-December 2025

### Subject to Change

<b>Monday</b>			
	<b>Open Walking</b> 8:00am-9:30am  <b>55+ Pickleball</b> 9:30am-12:30pm	<b>Exercise with Amanda</b> 1:00pm-2:00pm	<b>Open Basketball</b> 5:00pm-8:30pm
<b>Tuesday</b>			
	<b>Open Walking</b> 8:00am-9:30am  <b>Chair Yoga</b> 11:30-12:30 (first Tues)	<b>Instructional Pickleball</b> (volunteer instructor may be available to teach) 1:30pm-4:00pm	<b>Basketball Rental</b> 6:00pm-7:30pm
<b>Wednesday</b>			
	<b>Open Walking</b> 8:00am-9:30am  <b>55+ Pickleball</b> 9:30am-12:30pm	<b>Exercise with Amanda</b> 1:00pm-2:00pm	<b>Basketball Rental</b> 7:00pm-8:30pm
<b>Thursday</b>			
	<b>Open Walking</b> 8:00am-9:30am  <b>Parent/Tot Gym Time</b> 10:00am-12:00pm	<b>Drumming with Amanda</b> 1:00pm-2:00pm	<b>Open Badminton</b> 5:00pm-8:30pm *Please see page 3 for updated policies and procedures
<b>Friday</b>			
	<b>Open Walking</b> 8:00am-9:30am  <b>55+ Pickleball</b> 9:30am-12:30pm	<b>Exercise with Amanda</b> 1:00pm-2:00pm	<b>Open Basketball</b> 5:00pm-8:30pm
<b>Saturday</b>			
Rentals may affect Saturday activities. Please call to confirm.	<b>Pickleball– ALL AGES</b> 8:30am-12:00pm <b>Woman's Self Defense</b> 8:30am-11:30am(9/27, 10/11, 11/15)	<b>Open Basketball</b> 1:00pm-5:00pm <b>Backup for Football and tennis camps</b> 12-3pm (9/6-10/11)	<b>Open Badminton</b> 6:00pm-8:30pm *Please see page 3 for updated policies and procedures

# City of Auburn Hills Community Center Studio Schedule

September—December 2025 -Subject to Change

<b>Monday</b>			
	<b>Ping Pong</b> 10:30am-12:30pm		<b>Zumba</b> 7:00pm-8:00pm
<b>Tuesday</b>			
	<b>Zumba Gold</b> 9:30am-10:30am  <b>Ping Pong</b> 11:00am-2:00pm		<b>Core &amp; Toning</b> 5:45pm-6:45pm  <b>Japanese Swords</b> 7:30pm-8:30pm
<b>Wednesday</b>			
	<b>Ping Pong</b> 10:30am-12:30pm		<b>Pound Class</b> 7:00pm-8:00pm
<b>Thursday</b>			
	<b>Ping Pong</b> 10:30am-12:30pm		<b>Japanese Swords</b> 7:30pm-8:30pm
<b>Friday</b>			
	<b>Zumba Gold</b> 9:30am-10:30am	<b>Ping Pong</b> 1:30pm-4:00pm	
<b>Saturday</b>			
	<b>Ping Pong</b> 9:30am-8:00pm		

City of Auburn Hills Community Center  
3350 E. Seyburn Rd. (248)370-9353

# **Open Badminton Policies**

1. Badminton players and or spectators under the age of 18 are not permitted! Players under the age of 18 will be handled on a case-by-case basis and must be approved by administration!
2. Use of community center rooms outside of the gym are not permitted unless a facility rental has been made!
3. Structured tournaments or leagues are not permitted in any way. Open badminton is open to anyone wishing to play who is over the age of 18.
4. Failure to comply with the above open gym policies will result in the cancellation of the program!