



MCC Sports & Fitness

Members and guests have access to:

- Fitness Rooms, Cardio, Weights, Track
- Zumba, Ladies only
- Open Gym hours for pick-up basketball, soccer, badminton, volleyball
- “*Reserved” activities require separate registration

		GYM 1	GYM 2
Monday	5-6 pm	Badminton	Basketball
	6-9 pm	*Reserved Badminton	Basketball
Tuesday	5-7 pm (Family)	Soccer	Basketball
	7-9 pm	Soccer	Soccer
Wednesday	5-7 pm	Badminton	Basketball
	7-9 pm	Badminton	Basketball
Thursday	5-6 pm	Basketball	Basketball
	6-10 pm	*Reserved Basketball League	
Friday	5-6 pm	Badminton	Basketball
	6-9 pm	*Reserved Badminton	Volleyball
Saturday	10a-12pm	Badminton	Volleyball
	12-2pm	Soccer	Soccer
	2-4 pm	*Reserved Basketball Camp	
	4-6 pm	Badminton	Basketball
	6-8 pm	Badminton	Basketball
Sunday	10a-12pm	Badminton	Basketball
	12-2 pm	Badminton	Basketball
	2-4 pm	*Reserved Basketball Camp	
	4-6 pm (Family)	Dodge ball	Volleyball
	6-8 pm	Soccer	Basketball

Please be advised:

These are “open” activities, unless stated. All members and guests have equal right of usage.

Court usage limits are posted in the gym and will be enforced.

For exclusive play time, reservations must be made (fees apply).