

# SPORTS MINISTRY

## **MEN 'S BASKETBALL** (Leagues - 21 & OLDER)

*Ages 18 to 34 LEAGUE – Tuesday; and Ages 35 and up LEAGUE – Wednesday*

Tuesday and Wednesday evenings, September 22 through December 9, 7:30 to 10:30 p.m., in The Gym. Current fall league is closed; spring league registration opens January 11 and ends February 26. Cost: \$50 (includes TPCC league reversible jersey and book). More details online at [tpcc.org](http://tpcc.org).

## **MEN'S BASKETBALL** (21 & OLDER)

### **OPEN GYM**

Mondays, 6 to 8 a.m. and Thursdays, 6 to 8 a.m., in The Gym.

## **YOUTH BASKETBALL** (LEAGUE)

**Boys: Grades 1 to 4; Girls: Grades 1 to 8 – Fall 2015 league.** Games on Saturdays, October 10 through December 12 (no games October 24 and November 28). Registration opens July 15 and ends September 13. Watch the [tpcc.org](http://tpcc.org) website for details.

**Boys: Grades 5 to 12 – Winter 2016 league.** Games are on Saturdays, January through mid-March. Registration opens October 19 and ends December 13. Watch [tpcc.org](http://tpcc.org) website for details.

## **FITNESS\***

Mon	9:15 to 10:15 a.m.	Boot Camp	Allison
Mon	10:20 to 11:20 a.m.	REFIT@	Amy
Tues	9:15 to 10:15 a.m.	Interval Training	Jackie
Tues	10:20 to 11:20 a.m.	Stretch	Meghan
Tues	6:15 to 7:15 p.m.	Stretch	Meghan
Wed	6 to 7 a.m.	PiYo (Pilates/Yoga)	Julie
Wed	9:15 to 10:15 a.m.	Boot Camp	Tracey
Wed	10:20 to 11:20 a.m.	Pilates	Allison
Thurs	9:15 to 10:15 a.m.	Strength and Core	Jackie
Thurs	6:45 to 7:45 p.m.	REFIT@	Kelly
Fri	9:15 to 10:15 a.m.	Boot Camp	Carlie

\*Child care available for morning 9:15 and 10:20 classes only. See [tpcc.org/fitness](http://tpcc.org/fitness) for details and fees.

## **CO-ED VOLLEYBALL OPEN GYM** (21 & OLDER)

Mondays, 7 to 9:30 p.m., in The Gym