



THE CENTER
OF CHANGE.

31 W ACADEMY ST., WILLIAMSTOWN, NJ 08094

WWW.SMRECCENTER.COM • 856.629.2050

CDCRECEPTION@STMATTHEWSBC.COM

MONDAY

Gentle Body

8:15am w/ Darlene

Sit N' Stretch

9:15am w/ Darlene

Zumba Gold

9:30am w/ Katie

Indoor Cycling

10am w/Darlene

Silver Circuit

10:15am w/ Katie

Line Dancing

11am w/ Darlene

Kickboxing

5:30pm w/ Kim

TUESDAY

Circuit

9am w/ Darlene

Fit-4-Life

10:30am w/ Sue

Silver Circuit

11:30am w/ Katie

Line Dancing

5:30pm w/Darlene

WEDNESDAY

Body Fit

9am w/ Sue

Fit-4-Life

10:15am w/ Sue

Silver Circuit

11am w/ Sue

Power Pump

5:30pm w/Kim

THURSDAY

Gentle Body

8:15am w/ Darlene

Sit N' Stretch

9:15am w/ Darlene

Indoor Cycling

10am w/Darlene

Line Dancing

11am w/ Darlene

Silver Circuit

12pm w/ Katie

Power Pump

5:30pm w/ Kim

FRIDAY

Core N' More

8:15am w/ Sue

Circuit

9am w/ Darlene

Zumba Gold

9:30am w/ Katie

Silver Circuit

10:15am w/ Katie

SATURDAY

Line Dancing

9:30am w/ Darlene

Kickboxing

9:30am w/ Kim

HOURS OF

OPERATION

Monday - Friday

8 am - 6:30 pm

Saturday

8 am - 2 pm

PICKLEBALL

ADVANCED

Monday - Friday
8-10 am

INTERMEDIATE

Monday - Friday
10-12 pm

BEGINNER

Monday - Friday
12-2 pm

RECREATIONAL

Monday & Friday
4-6pm

Tuesday - Thursday
2-4pm

DRILLS & SKILLS

Monday & Friday
2-4 pm



Saturday Pickleball Pop-Up

September: Check Meetup of Sessions



meetup

1. Visit www.meetup.com or download the Meetup app
2. Search:
 - a. Keyword "Pickleball"
 - b. Location "Williamstown"
3. Search for & join desired session

PICKLEBALL TOURNAMENT

Tournament Date
TBD

