



# THE CHURCH AT WOODFOREST WEEKLY PROGRAMMING 2024

For a complete schedule and registration information,  
 visit [twmc.org/recreation](https://twmc.org/recreation)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 a.m.	<b>Pickleball</b> Woodforest Gym				<b>Pickleball</b> Woodforest Gym		
8:30 a.m.		<b>Fit for Life</b> Woodforest Gym		<b>Fit for Life</b> Woodforest Gym			
9:30 a.m.				<b>CORE*</b> Woodforest Gym			
12:30 p.m.	<b>Chair Volleyball</b> Woodforest Gym		<b>Chair Volleyball</b> Woodforest Gym				
5:30 p.m.	<b>Adult Basketball</b> Woodforest Gym						

\* Class has fee associated. Please contact instructor for more information or visit [twmc.org/fitness](https://twmc.org/fitness)

## THE CHURCH AT WOODFOREST

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