

## AUGUST HOURS

MONDAY TO THURSDAY:

6:00 AM TO 8:00 PM

FRIDAY: 6:00 AM TO 7:00 PM

SATURDAY: 8:00 AM TO NOON

SUNDAY: CLOSED

# DOYLE CENTER

## AUGUST

### Newsletter

## 2025



DOYLE CENTER

STURGIS MI  
269-659-8110 310 N. FRANKS AVE

Hello from the Doyle Center!

We're excited to welcome August with fresh events, new programs, and helpful wellness tips to keep you feeling your best. Thanks for being part of our amazing community!



### Exciting News!

We are thrilled to announce that Glen Oaks Community College Volleyball will be hosting their practices and home games at the Doyle Center this season while their campus gym undergoes renovations.

This is a fantastic opportunity to showcase our facility and support local collegiate athletics. We invite all our members and the community to come out and cheer on the Lady Vikings right here at Doyle!

For all updates regarding the Doyle Center, follow us on Facebook.



### August Health Tip:

Stay hydrated! Summer heat can sneak up on you—aim for at least 8 cups of water a day, especially if you're working out or spending time outside.

### August Fitness Tip:

Take your workouts outside! Walking, biking, or doing a quick bodyweight circuit in the fresh air boosts both your mood and metabolism. Just don't forget the sunscreen! ☀️💪

### 2nd Annual Santa Workshop Dec. 4<sup>th</sup>, 2025

WE'D BE THRILLED IF YOU COULD LEND US A HAND WITH OUR CHRISTMAS DECORATIONS! IF YOU FIND YOURSELF HOSTING A YARD SALE THIS SUMMER AND THOSE CHRISTMAS ITEMS ARE STILL LINGERING LIKE LAST YEAR'S FRUITCAKE, BRING THEM ON OVER TO THE DOYLE. WE'LL BE OVER THE MOON TO GIVE THEM A STARRING ROLE IN OUR 2ND ANNUAL DOYLE CENTER SANTA WORKSHOP!

#### LIST OF NEEDS:

Artificial Christmas Trees, Ornaments, Rope Lights Garland, Christmas Decorations, Christmas Lights, Wreaths, Wrapping Paper, Ribbon/Craft Supplies, Outdoor Christmas Inflatables, Adult Disney Costumes, & Craft Supplies



## GLEN OAK VOLLEYBALL SCHEDULE

### HOME matches:

(match starts at 630pm unless noted otherwise)

Sept. 2

Sept. 13 9am-5pm

Sept. 18

Sept. 25

Oct. 2

Oct. 9

Oct. 16

Oct. 23

Oct. 26 6pm

Oct. 30



CLOSED MONDAY  
SEPT. 1<sup>ST</sup>  
LABOR DAY

## AUGUST FITNESS SCHEDULE 2025



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING MADNESS 8AM - 9AM BENITA DROP IN PICKLEBALL 9AM - 11AM BEGINNERS SILVERSNEAKERS 10:30AM - 11:15AM CAROL YOGASTRETCH 11:30AM - 12:15PM CAROL CARDIO DRUMMING 4PM - 4:45PM NEW CLASS WITH SARAY TOTAL FUSION 5PM - 5:45PM NEW CLASS WITH SARAY MMA* 6PM - 8PM LUCIANO DROP IN PICKLEBALL 6PM - 8PM ADVANCED ONLY DANCE FITNESS 6:15PM - 7:15PM ERICA	DROP IN PICKLEBALL 9AM - 11AM ALL LEVELS INTRO TO WEIGHTLIFTING 10AM - 10:45AM ANAJAY BALANCE, FLEX, & STRETCH 11AM - 12PM KYMBERLEE CARDIO DRUMMING 4:00PM - 5:00PM KRISTINA PUMP UP THE VOLUME 5:15PM - 6:15PM CAROL DROP IN PICKLEBALL 6PM - 8PM ALL LEVELS DANCE FITNESS 6:15PM - 7:15PM ERICA	EARLY MORNING YOGA 6AM - 7AM TRACY MORNING MADNESS 8AM - 9AM BENITA DROP IN PICKLEBALL 9AM - 11AM BEGINNERS SILVERSNEAKERS 10:30AM - 11:15AM CAROL YOGASTRETCH 11:30AM - 12:15PM CAROL TOTAL FUSION 5PM - 5:45PM NEW CLASS WITH SARAY CARDIO DRUMMING 6PM - 7PM KRISTINA MMA* 6PM - 8PM STEPHEN DANCE FITNESS 6:15PM - 7:15PM ERICA DROP IN PICKLEBALL 6PM - 8PM ADVANCED ONLY	DROP IN PICKLEBALL 9AM - 11AM ALL LEVELS INTRO TO WEIGHTLIFTING 4PM - 4:45PM ANAJAY BALANCE, FLEX, & STRETCH 11AM - 12PM KYMBERLEE CARDIO DRUMMING 4PM - 4:45PM NEW CLASS WITH SARAY PUMP UP THE VOLUME 5:15PM - 6:15PM CAROL DROP IN PICKLEBALL 6PM - 8PM ALL LEVELS MMA* 6PM - 8PM JADRIEN REGISTER NOW 7TH OUTDOOR FLAG FOOTBALL AGES 5-12	SILVERSNEAKERS 10:30AM - 11:15AM CAROL YOGASTRETCH 11:30AM - 12:15PM CAROL CARDIO DRUMMING 4PM - 4:45PM NEW CLASS WITH SARAY PUMP UP THE VOLUME 5:15PM - 6:15PM CAROL DROP IN PICKLEBALL 6PM - 8PM ALL LEVELS MMA* 6PM - 8PM JADRIEN REGISTER NOW 7TH OUTDOOR FLAG FOOTBALL AGES 5-12	PLYOMETRICS/AGILITY 9:00AM - 10:00AM JOHN DROP IN PICKLEBALL 8:30AM - 10:30AM ALL LEVELS Happy Holiday! Labor Day	CLOSED



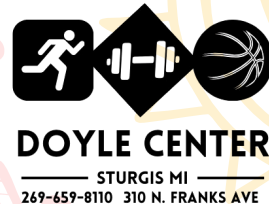
**AUGUST HOURS**  
MONDAY - THURSDAY 6AM - 8PM  
FRIDAY 6AM - 7PM  
SATURDAY 8AM - NOON  
SUNDAY CLOSED

\*MMA CLASSES REQUIRE AN ADDITIONAL FEE.  
\$15 MEMBER PER MONTH  
\$25 NON-MEMBER PER MONTH

PICKLEBALL DROP IN  
REQUIRES  
ADDITIONAL FEE.  
\$3 MEMBER  
\$6 NON-MEMBER



# DOYLE CENTER AUGUST Newsletter 2025



**IRON MILL  
WEIGHT ROOM**



## CURRENT HAPPENINGS

**YOUTH BOYS & GIRLS  
FLAG FOOTBALL  
OUTDOOR LEAGUE**  
MONDAYS SEPTEMBER 6TH-29TH  
GAMES WILL BE AT SPENCE FIELD  
DEADLINE: August 26<sup>th</sup>, 2025

Boys & Girls Ages 5-12  
**Resident: \$24**  
**Non-Resident: \$36**  
**Additional Player: \$12**

A partnership between the City of Sturgis and the following  
Townships: Fawn River, Sherman and Sturgis, allows residents of  
these townships to participate at the Resident Rate. Please be  
prepared to show proof of residency to receive the discounted rate.

SCAN ME 

  
**SPENCE  
SOFTBALL COMPLEX**  
DOYLE CENTER  
STURGIS MI  
269-659-8110 310 N. FRANKS AVE

At the Gate  
Spectator Fee: \$1 per  
person or \$3 per family  
Coaches: NO Charge

269-659-8110 kwashburn@sturgismi.gov Spence Softball Complex

## TOT POWERSPORTS

Boys & Girls Ages 2-4

5:15pm to 6pm

August 5th, 2025

August 12th, 2025

August 19th, 2025

August 26th, 2025

A 4-week program for 45 minutes on Tuesdays in August.  
Tot Powersports is a basic introduction to Flag Football,  
Basketball, Volleyball, and Soccer. Terminology,  
FUNDamentals, and strategies will be included while  
incorporating the importance of teamwork and  
sportsmanship. \*Parents will need to be present to help  
assist their child(ren) at any time during the program.

ONE TIME FEE

Resident \$15

Non-Resident: \$20



SCAN ME



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## SUMMER SALE

  
DOYLE CENTER  
STURGIS MI  
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**EXTENDED**

**DOYLE  
CENTER**  
3 MONTH MEMBERSHIP  
FOR JUST

**\$99**  
INDIVIDUAL MEMBERSHIP ONLY  
This offer cannot be combined with any other promotions or specials.

\*ADD 24 HOUR CARD FOR \$30  
(THAT'S A SAVINGS OF \$20)  
**OFFER AVAILABLE: JUNE 17 TO AUG 17, 2025**

Professional Equipment Indoor Track Always Open \*additional fee applies Fitness Classes

Use our world class, easy to use equipment for more efficient workouts. Indoor track provides a safe and efficient environment for walking or running. Come and go when you want - we're open 24/7! Use your 24hr access card to enter.

**OFFER VALID FOR AGES 17 AND UP & AGES 14-16 WITH ADULT SIGNED CONSENT**  
24HR CARD NOT AVAILABLE TO AGES 14-16

## NEW FITNESS CLASSES

**CARDIO  
DRUMMING**  
with Saray Garcia Ruiz  
NASM CERTIFIED PERSONAL TRAINER



**JOIN US FOR CARDIO DRUMMING  
WITH A HISPANIC TWIST!**

**MONDAY & THURSDAY 4PM TO 4:45PM** **1st Class August 4th**

Get ready for a fun, high-energy workout that blends drumming, rhythm, and movement – now with vibrant Hispanic music and flair! Use drumsticks to pound out the beat on an exercise ball, dance to the rhythm, and feel the energy of Latin-inspired steps and sounds. It's fitness, fun, and flavor all in one!

  
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FREE - Members  
\$5 Non-Members  
1<sup>st</sup> Class FREE

**Starts Aug. 4th**



**MONDAY & WEDNESDAY  
5PM TO 5:45PM**

**TOTAL FUSION**

• FULL-BODY STRENGTH TRAINING  
• HIGH-ENERGY CARDIO BURSTS  
• CORE-FOCUSED MOVEMENTS  
• TABATA INTERVALS FOR MAXIMUM CALORIE BURN  
• BOOST ENDURANCE, STRENGTH, AND OVERALL FITNESS  
• SUITABLE FOR ALL AGES AND FITNESS LEVELS  
• FUN, FAST-PACED, AND RESULTS-DRIVEN WORKOUT

**WITH SARAY GARCIA RUIZ**

EQUIPMENT VARIETY: DUMBBELLS, MEDICINE BALLS, BARBELLS & RESISTANCE TUBING

**FREE-MEMBERS  
\$5 NON-MEMBERS  
1<sup>st</sup> CLASS FREE**

  
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**IRON MILL  
WEIGHT ROOM**



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## NEW FITNESS CLASSES

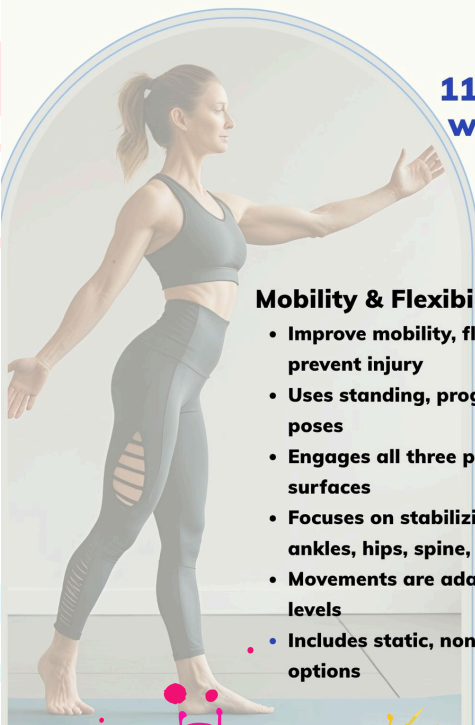
### BALANCE, FLEX, & STRENGTH FITNESS CLASS



**DOYLE CENTER**  
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**Tuesdays &  
Thursdays  
11:00 am – Noon  
with Kýmberlee**

**Member-Free  
Non-Member-\$5  
1<sup>st</sup> Class Free**



#### Mobility & Flexibility Class

- Improve mobility, flexibility, and help prevent injury
- Uses standing, progressive movements and poses
- Engages all three planes of motion on varied surfaces
- Focuses on stabilizing and strengthening ankles, hips, spine, and shoulders
- Movements are adaptable for all fitness levels
- Includes static, non-impact, and low-impact options

### INTRO TO WEIGHTLIFTING WITH ANAJOY



**TUESDAYS 10AM - 10:45AM  
THURSDAYS 4PM TO 4:45PM**

Introduction to Weightlifting - Beginner-Friendly Class

- Perfect for those new to strength training
- Learn proper form and safe lifting techniques
- Focus on dumbbell and bodyweight full-body workouts
- Build a strong foundation with basic movement patterns
- Improve muscle tone, strength, and confidence
- Supportive, low-pressure environment
- No experience needed - just bring a willingness to learn!

Build strength. Learn the basics. Feel confident.



**MEMBERS-FREE  
NON-MEMBERS-\$5  
1<sup>ST</sup> CLASS FREE**



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**2nd Annual  
Color Run  
SUCCESS**

