

GROUP EXERCISE SAMPLER!



CAN'T DECIDE WHAT CLASSES TO ATTEND?
COME TO THE REC CENTER ON FRIDAY, JULY 16TH
FOR A GREAT SAMPLER WORKOUT



Friday, July 16th

WORKOUT - 6:00-7:45pm IN THE GYMNASIUM

SOCIAL - 7:45pm-? IN THE COMMUNITY ROOM



IF YOU'RE WILLING, SIGN UP TO BRING A HEALTHY
SNACK/DRINK AT THE FRONT COUNTER!



INSTRUCTOR LINE-UP

LINE-UP WILL CHANGE APPROXIMATELY EVERY 20 MIN

ZUMBA WITH JOE

KICKBOXING WITH SATU

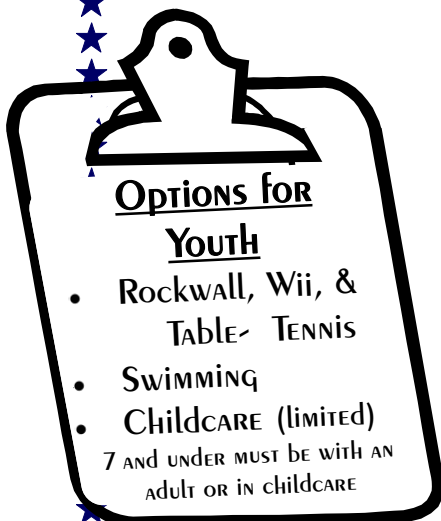
CARDIO WITH MICHELLE

STRENGTH WITH STACI

YOGA WITH JOLENE

BRING A YOGA MAT OR TOWEL

*COME FOR ONE
OR STAY FOR ALL*



OPTIONS FOR

YOUTH

- Rockwall, Wii, & Table Tennis
- Swimming
- Childcare (limited)
7 AND UNDER MUST BE WITH AN ADULT OR IN CHILD CARE

REGULARLY SCHEDULED EVENING CLASSES CANCELLED ON JULY 16TH.

THE GROUP EXERCISE SAMPLER IS FOR 13 YEARS OF AGE OR OLDER.