

GROUP EXERCISE • APRIL 23-JUNE 17

Find your fit in the Catskills!

MONDAY

9:15am-10am: Spin Express with Mindy *\$3

10:30am-11:30am: Yoga with Kathy

10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April *\$3

TUESDAY

9am-10am: Body Sculpt with Pamela *\$3

10:30am-11:30am: Water Aerobics with Kathy/Pamela

11am-12pm: Tai Chi for Beginners with Jessica

4:30pm-5:15pm: Pilates with Ginger

6pm-7pm: Spin Happy Hour with Ashley *\$3

WEDNESDAY

6:15am – 7:15am – Spin with Dave *\$3

11am-12pm: Tai Chi for Beginners with Jessica

5pm-7pm: Weight Watchers Meeting (*Must be a WW member*)

5pm-6pm: Shallow Water Aerobics with Cheryl

THURSDAY

10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April *\$3

5pm-6pm: "BYOK" Kettlebells with Steve (Bring Your Own Kettlebell!) *\$3

6pm-7pm: Spin Happy Hour with Ashley *\$3

FRIDAY

10:30am-11:30am: Yoga & Meditation with Kathy

10:30am- 11:30am: Pool Polo with April *\$3

12pm-1pm: Water Aerobics with Kathy

5pm-6pm: Youth Swim Club with Sarah and Phil (ends May 26)

6pm-7pm: Masters Swim with Sarah *\$3

5pm- 6pm: P90X Live Starts May 12 (must commit for 6 weeks)

SATURDAY

10am- Running Club with Steve

10am-10:45am: Pilates with Ginger

4pm-5pm: Kickboxing with Mike *\$3

SUNDAY

11am-11:45am: Pilates with Ginger

4pm-5pm: Kickboxing with Mike *\$3

New Swim Lesson Session

Tuesdays, May 9 to June 27

Parent Child levels 1 & 2: 4:00pm (6 months – age 3)

Pre-School levels 1 – 3: 4:35pm (Ages 4 – 5)

Learn to Swim levels 1 – 3: 5:10pm (Ages 6 & up)

Learn to Swim levels 4 – 6: 5:45pm (Ages 6 & up)

Pre- Registration Fee: \$50 for 8 lessons

Day of Registration: \$60 for 8 Lessons

This fee is for members and nonmembers.

Lifeguard pool/waterfront skills & CPR-PR Recertification

May 27, 9am-5pm

Pre-Register lifeguarding: \$100; Day of \$115

Pre-Register CPR-PR: \$65; Day of \$75

Lifeguarding Pool & Waterfront Certification Class

June 26 to June 30

Monday through Friday 9:00 AM to 5:00 PM

Must be able to pass the pre-requisites.

Pre-Registration Fee: Pool-\$300 Waterfront-\$350

Day of Registration: Pool- \$325 Waterfront- \$375

Painting Scenic Views

Instructor: Sharon Suess

Saturday, May 13, 1:30 – 3:30 PM

Fee: \$35 includes painting supplies

P90X LIVE!!

Instructor: Laura Bouton

Fridays 5 – 6 PM

May 12 – June 16

Max #: 10 people

\$60/ 6 weeks of fitness

Sign up now!

**Registration starts one hour prior to class.*

www.catskillrecreationcenter.org - 651 County Hwy 38, Arkville, NY 12406 -
845-586-6250 - Monday-Friday 6am - 8pm/ Saturday-Sunday 8:30am - 7pm