

# GROUP EXERCISE • OCTOBER 8 – DECEMBER 12

*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  
12pm-1pm: OFA Advanced Tai Chi (starts Oct. 16)  
4pm-5pm: Advanced CRC Tai Chi (Must have taken Beginner & Advanced Tai Chi)  
6:30pm-7:30pm: Spin with Dove \*\$3 (no class 10/9)

## TUESDAY

9am-10am: Body Sculpt with Pamela \* \$3  
10:15am-11:15am: Rock Steady Boxing for Parkinson's\* \$10  
10:30am-11:30am: Water Aerobics with Kathy/Pamela  
4:30pm-5:15pm: Pilates with Ginger  
5:30pm-6:30pm: Spin with Dove \* \$3  
6pm-8pm: Ski & Snowboarding Workshop with Howard (pre-registration required, starts 10/17)

## WEDNESDAY

12pm-12:30pm: Ab Burn with Jessica \* \$3  
5pm-6pm: Shallow Water Aerobics with Cheryl  
5pm-7pm: Weight Watchers Meeting (set-up at 3:45pm; must be a WW member)  
5pm-6pm: Youth Swim Club Travel Team Practice

## THURSDAY

10am-11am: Rock Steady Boxing for Parkinson's\* \$10  
10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April \* \$3  
5pm-6pm: Kettlebells with Steve \*\$3  
6pm-7:45pm: Family Open Swim – Non-members\* \$10 per Family

## FRIDAY

10:30am-11:30am: Yoga & Meditation with Kathy  
10:30am-11:30am: Pool Polo (free through October)  
12pm-1pm: Water Aerobics with Kathy  
5pm-6pm: Youth Swim Club Travel and Recreational  
6pm-7:45pm: Family Open Swim – Non-member\* \$10 per Family

## SATURDAY

9am-9:45am: Spin with Nola \*\$3  
10am-11am: Running Club w/Steve  
10am-10:45am: Pilates with Ginger  
12pm-1pm: OFA Advanced Tai Chi (starts Oct. 21)  
3pm-4pm: Rock Steady Boxing for Parkinson's\* \$10  
4pm-5pm: Kickboxing with Mike \*\$3  
5pm-6:45pm: Family Open Swim – Non-member\* \$10 per Family

## SUNDAY

11am-11:45am: Pilates with Ginger  
4pm-5pm: Kickboxing with Mike\*\$3  
5pm-6:45pm: Family Open Swim - Non-member\* \$10 per Family

## Water Color Weave

With Sharon Suess

Friday Evening: October 13

6 – 7:30 PM

Fee: \$35

Sign up today. Space is limited.

## SKI & SNOWBOARDING

### Workshop held by Howard Harrison

Tuesdays: October 17 – November 7

6 – 8 PM

This class is for people ages 12 and up;  
max of 8 people.

Fee is \$40 for the four week session.

Participants must Pre-Register.

## ANNUAL PUMPKIN PAINTING PARTY!!

Sunday, October 29<sup>TH</sup>

3:30pm-6pm

FREE ADMISSION

Ghoulish snacks, costume contest,  
pumpkin painting, carnival games and fun  
for the whole family!

### CATKILL RECREATION YOUTH SWIM CLUB AND TRAVEL TEAM

For More info go to:

<http://catskillrecreationcenter.org/youth-swim-club/>

Catskill Recreation Center

651 County Highway 38, Arkville M-F 6am-8pm/SS 8am-7pm

[catskillrecreationcenter.org](http://catskillrecreationcenter.org) for updated class announcements

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