

GROUP EXERCISE • JANUARY 2 – FEBRUARY 24

Find your fit in the Catskills!

MONDAY

9:00am-10:00am: Water Aerobics with Cheryl
9:15am-10:00am: 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
4:00pm-5:00pm: Advanced CRC Tai Chi (Must have taken Beginner & Advanced Tai Chi)
6:30pm-7:30pm: Spin with Dove *\$3

TUESDAY

9:00am-10:00am: 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
11:30am-12:30pm: Tai Chi for Beginners with Jessica (Starts Jan 16th)
4:30pm-5:15pm: Pilates with Ginger
5:30pm-6:30pm: Spin with Dove * \$3
6:45pm-7:45pm: Vinyasa Yoga with Robyn *\$3

WEDNESDAY

11:30am-12:30pm: Tai Chi for Beginners with Jessica (starts Jan 17th)
4:00pm-5:00pm: Shallow Water Aerobics with Cheryl
5:00pm-7:00pm: Weight Watchers Meeting (set-up at 3:45pm; must be a WW member)
5:00pm-6:00pm: Youth Swim Club Travel Team Practice
6:00pm-7:45pm: Family Open – Non-members* \$10 per Family

THURSDAY

10:00am-11:00am: Rock Steady Boxing for Parkinson's * \$10
10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April * \$3
5:00pm-6:00pm: Kettlebells with Steve *\$3
6:15pm-7:15pm: Vinyasa Yoga with Robyn *\$3
6:00pm-7:45pm: Family Open Swim – Non-members * \$10 per Family

FRIDAY

10:30am-11:30am: Yoga & Meditation with Kathy
10:30am-11:30am: Advanced Deep Water Buoyancy with April *\$3
12:00pm-1:00pm: Water Aerobics with Kathy
5:00pm-6:00pm: Youth Swim Club Practice

SATURDAY

9:00am-9:45am: Spin with Nola *\$3
10:00am-10:45am: Pilates with Ginger
3:00pm-4:00pm: Rock Steady Boxing for Parkinson's * \$10
4:00pm-5:00pm: Kickboxing with Mike *\$3

SUNDAY

11:00am-11:45am: Pilates with Ginger
4:00pm-5:00pm: Kickboxing with Mike *\$3

SWIM LESSONS

Monday Nights
January 8th-March 12th
(No class 1/15 or 2/19)
Pre-register: \$50
Same-Day: \$60

Intro to Reiki with Kathy

Sunday, February 10
1pm-3pm, \$20
Pre-register by 2/8
Call for more info!

Triathlon Swim Training

Saturdays 8:30am-
9:30am
1/13, 2/3, 2/11, 2/17
\$12.00 for all four
workouts.
Pre-Registration
Required by 1/11/2018!