

GROUP EXERCISE • THROUGH APRIL 21, 2018

Find your fit in the Catskills!

MONDAY

9:00am-10:00am: Shallow 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: Shallow Water Aerobics with Kathy/Pamela
11:30am-12:30pm: Tai Chi for Beginners with Jessica
4:30pm-5:15pm: Pilates with Ginger
5:30pm-6:30pm: Spin with Dove * \$3

WEDNESDAY

11:30am-12:30pm: Tai Chi for Beginners with Jessica
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)
6:00pm-7:45pm: Family Open – Non-members* \$10 per Family

THURSDAY

10:15am-11:15am: 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
6:00pm-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: Shallow Water Aerobics with Kathy
4pm-5pm: Spin with Nola* \$3

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

Catskill Recreation Center

651 County Highway 38, Arkville, NY (845-586-6250) M-F 6am-8pm/S&S 8:30am-7pm

Please visit catskillrecreationcenter.org for updated class announcements.