

GROUP EXERCISE • THROUGH JUNE 23, 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)

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

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

WEDNESDAY

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 Swim – 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

5:30pm-6:30pm: 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.