

GROUP EXERCISE • THROUGH AUGUST 4, 2018

Find your fit in the Catskills!

MONDAY

9am-10am: Shallow Water Aerobics with Cheryl
9:15am-10:00am: Spin Express with Mindy * \$3
10:30am-11:30am: Yoga with Kathy
10:30am-11:30am: Deep Water Buoyancy & Cardio Ball Workout with April * \$3
11:30am-12:30pm: Advanced Deep Water Buoyancy & Cardio Ball Workout with April * \$3
4pm-5pm: Advanced CRC Tai Chi (Must have taken Beginner & Advanced Tai Chi)
4pm-6pm: Beginner Tai Chi with Kathy (Starts July 9)
5:15pm-6:15pm: Youth Swim Club* \$6.25
6:30pm-7:30pm: Masters Swim with Taylor* \$3

TUESDAY

9am-10am: Body Sculpt with Pamela * \$3
10:30am-11:30am: Shallow Water Aerobics with Kathy/Pamela
3:30pm-4:30pm: Rock Steady Boxing * \$10
4:30pm-5:15pm: Pilates with Ginger
5:30pm-6:30pm: Spin with Amy* \$3

WEDNESDAY

9:30am-10:30am: Gymnastics (ages 5-8, \$50 pre-register, \$60 day-of, 6/27-8/22)
3:30pm-4:30pm: Rock Steady Boxing * \$10
4pm-5pm: Shallow Water Aerobics with Cheryl
5pm-7pm: Weight Watchers Meeting (set-up at 3:45pm; must be a WW member)
5pm-6pm: Beginner Tai Chi with Kathy (starts July 9)
4:30pm-5:30pm: Swim for Fitness with Taylor* \$3
5:45pm-6:45pm: Youth Swim Club with Taylor* \$6.25
6pm-7pm: Kickboxing with Mike* \$3
6pm-7:45pm: Family Open Swim – Non-members* \$10 per Family
7pm-8pm: Yoga Flow with Taylor* \$3

THURSDAY

10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April * \$3
3:30pm-4:30pm: Rock Steady Boxing * \$10
5pm-6pm: Kettlebells with Steve *\$3
5pm-6:30pm: Sand Volley Ball with Matthew
6pm-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
12pm-1pm: Shallow Water Aerobics with Kathy
4pm-5pm: Kickboxing with Mike *\$3
5:30pm-6:30pm: Spin with Nola* \$3

SATURDAY

9am-9:45am: Spin with Nola *\$3
10am-10:45am: Pilates with Ginger
11am-12pm: Gymnastics (ages 5-8, until 7/28)

SUNDAY

11am-11:45am: Pilates with Ginger

PULO (Pool Polo) with April!
Every other Wednesday
10:30am-11:30am
To join a team sign up at the
front desk.
PULO starts on July 11!

**Check out our
Recreation Incentive Program**
Catskillrecreationcenter.org
Special Events tab

FREE
Fly Fishing Workshops
Bike Awareness Workshop
Meet a Mermaid
Gym Orientation

JOIN US FOR FAMILY FUN NIGHT

In the pool.
This is the First Friday of the month
from 5:30 – 7:45.
This is free for members

\$10.00 for the whole family of
nonmembers.