

## GROUP EXERCISE SCHEDULE—Through September 16, 2018

### MONDAY

9am-10am: Shallow Water Aerobics with Cheryl  
9:15am-10am: Spin Express with Mindy \* \$3  
10:30am-11:30am: Yoga with Kathy  
10:30am-11:30am: Deep Water Buoyancy with April \* \$3  
11:30am-12:30pm: Advanced Deep Water Buoyancy\* \$3  
4pm-5pm: Advanced CRC Tai Chi (must have taken Beginner & Advanced Tai Chi)  
5pm-6pm: Beginner Tai Chi with Kathy

### TUESDAY

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

### WEDNESDAY

10am-11am: Rock Steady Boxing for Parkinson's \*10  
10:30am-11:30: PULO (Pool Polo) with April, every other Wednesday \* \$3  
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  
6pm-7:45pm: Family Open Swim – Non-members\* \$10 per Family

### 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: Open Group Kettlebells (self-run by members, bring your own KB)  
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  
5:30pm-6:30pm: Spin with Nola\* \$3

### SATURDAY

9am-9:45am: Spin with Nola \*\$3  
10am-10:45am: Pilates with Ginger  
2pm-3pm: Kickboxing with Mike (starts Sept. 8<sup>th</sup>) \*3

### SUNDAY

11am-11:45am: Pilates with Ginger  
2pm-3pm: Kickboxing with Mike (starts Sept. 9<sup>th</sup>) \*3

**Check out our  
Recreation Incentive Program!**

Shallow Water Aerobics on 9/7  
Intro to the Gym on 9/10  
([catskillrecreationcenter.org](http://catskillrecreationcenter.org)  
Special Events tab)

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