

GROUP EXERCISE SCHEDULE

All classes are \$3.00 unless marked differently on schedule.

MONDAY

9am-10am: Shallow Water Aerobics with Cheryl
9:15am-10am: Spin Express with Mindy
10:30am-11:30am: Yoga with Kathy
10:30am-11:30am: Deep Water Buoyancy with April
11:30am-12:30pm: Advanced Deep Water Buoyancy
4pm-5pm: Advanced CRC Tai Chi (must have taken Beginner & Advanced Tai Chi)
5pm-6pm: Advanced OFA Tai Chi for Arthritis
5:15pm- 6:15pm: Swim Club with Jason *\$6.25

TUESDAY

9am-10am: Body Sculpt with Pamela
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

WEDNESDAY

10am-11am: Rock Steady Boxing for Parkinson's *10
10:30am-11:30: PULO (Pool Polo) with April, every other Wednesday
4pm-5pm: Shallow Water Aerobics with Cheryl
5pm-7pm: Weight Watchers Meeting (set-up at 3:45pm; must be a WW member)
5pm-6pm: Advanced OFA Tai Chi for Arthritis
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
5pm-6pm: Open Group Kettlebells (self-run by members, bring your own KB) *FREE
6pm-7:45pm: Family Open Swim – Non-members * \$10 per Family
6pm-7pm: Beginner Pilates with Jennifer
7pm-7:45pm: Stretch & Release with Jennifer

FRIDAY

10:30am-11:30am: Yoga & Meditation with Kathy
10:30am-11:30am: Advanced Deep Water Buoyancy with April
12pm-1pm: Shallow Water Aerobics with Kathy
5:30pm-6:30pm: Spin with Nola

SATURDAY

9am-9:45am: Spin with Nola
10am-10:45am: Pilates with Ginger
2pm-3pm: Kickboxing with Mike

SUNDAY

11am-11:45am: Pilates with Ginger
2pm-3pm: Kickboxing with Mike
3:30pm- 5:30pm: October 21st Thriller Dance Rehearsal

**Check out our
Recreation Incentive Program!
These are all FREE programs.**

**October 20th – Reiki Workshop
@ 3pm- 5:30pm
October 25th – Family Open Swim
@ 6- 7:45pm**

(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 for updated class announcements.