

## 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 Tai Chi with OFA

### 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 Tai Chi with OFA  
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

### 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: OCT 7,14, and 21 Thriller Dance Rehearsals

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

**October 2<sup>nd</sup>** – Body Sculpt @9am  
**October 8<sup>th</sup>**- Learn to Meditate @  
the Pine Hill Community Center  
@5:30pm- 6:30pm  
**October 20<sup>th</sup>** – Reiki Workshop  
@3pm- 5:30pm  
**October 25<sup>th</sup>** – 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](http://catskillrecreationcenter.org) for updated class announcements.**