

## 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 (*no Tuesday classes in December*)  
5:30pm-6:30pm: Spin with Amy

### WEDNESDAY

10am-11am: Rock Steady Boxing for Parkinson's \*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: 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: Kettlebells with Steve  
6pm-7:45pm: Family Open Swim – Non-members \* \$10 per Family  
6pm-7pm: 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

**Check out our  
Recreation Incentive  
Program  
for FREE programs.**

([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.**