

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 Maria
10:30am-11:30am: Yoga with Kathy
10:30am-11:30am: Deep Water Buoyancy with April
11:30am-12:30pm: OFA Tai Chi for Arthritis Part Two with Kathy (*starts January 14th*)
11:30am-12:30pm: Advanced Deep Water Buoyancy
4pm-5pm: Advanced CRC Tai Chi (*starts January 14th*)
5:15pm- 6:15pm: Swim Club *\$6.25 pre/\$7.50 day of registration
6:30pm- 7:30pm: Triathlon Club Swim Practice (*Starts January 14th*)

TUESDAY

7am-8am: Salsa Aerobics with Maria
9am-10am: Aquatic Salsa Aerobics with Maria
9am-10am: Body Sculpt with Pamela
10am-11am: Rock Steady Boxing for Parkinson's *10
3:45pm- 4:45pm: Margaretville School CROP Program (in pool starting 1/15 to 3/7)
4:30pm-5:15pm: Pilates with Ginger
5:30pm-6:30pm: Spin with Amy
5:30pm-6:30pm: Adult Swim Lessons *
6:30pm-7:30pm: Advanced Deep Water Buoyancy with Rose

WEDNESDAY

9am-10am: Shallow Water Aerobics with Cheryl
10am-11am: Rock Steady Boxing for Parkinson's *10
2pm-3pm: Adult Swim Lessons *
5pm-7pm: Weight Watchers Meeting (set-up at 3:45pm; must be a WW member)
6pm-7:45pm: Family Open Swim – Non-members* \$10 per Family

THURSDAY

9:30am-10:30am: Adult Swim Lessons *
10am-11am: Rock Steady Boxing for Parkinson's *10
10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April
11:30am-12:30pm: OFA Tai Chi for Arthritis Part Two with Kathy (*starts January 14th*)
3:45pm- 4:45pm: Margaretville School CROP Program (in pool starting 1/15 to 3/7)
5pm-6pm: Kettlebells with Steve
5:30pm-6:30pm: Shallow Water Aerobics with Rose
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
6:30pm- 7:30pm: Triathlon Run Practice (*Starts January 18th*)

SATURDAY

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

SUNDAY

9:30am-10:30 am: Advanced Deep Water Buoyancy with Rose
11am-11:45am: Pilates with Ginger
12pm- 2pm: Triathlon Bike Practice (*Starts January 20th*) *6
2pm-3pm: Kickboxing with Mike

**Check out our
Recreation Incentive
Program
For FREE programs:**

Monday: 1/14
Gym Orientation
12:30pm- 1:30pm

Saturday: 1/19
Water Boot Camp
11:00am- 12:00pm

Tuesday: 1/22
Aquatic Salsa Aerobics
9:00am- 10:00am

Saturday: 1/26
Turn Back Time:
*"Eat and Exercise Healthy as
We Age"* Workshop
11:00am- 12:30pm

(catskillrecreationcenter.org
Special Events tab)

***Lifeguard classes will take place
in the pool area on Tuesdays and
Thursdays 4pm-8pm,
January 22nd-February 14th.***