**Tricia’s Pay-as-You-Go November 2018**

**Resident:** $3.00 per class

**Resident Punch Card:** $15.00 (5 punches)

**Nonresident:** $3.50 per class

**Nonresident Punch Card:** $17.50 (5 punches)

**Punch cards can be used for all water and gym classes- BOTH MORNING AND EVENING - excluding zumba and slides.**

**Sat. 11/3** 9:05am Chair Aerobics

10:00am Water Aerobics

10:45am Water Toning

**Mon. 11/5** 4:45pm Beginner Strength\*\*

5:45pm Water Aerobics

6:30pm Deep Water

**Thurs. 11/8** 4:45pm Chair Aerobics

5:45pm Water Walking

6:30pm Water Aerobics

**Tues. 11/13** 4:30pm Beginner Strength\*\*

5:30pm Water Toning

6:15pm Deep Water

**Thurs.11/15** 4:45pm Chair Aerobics

5:30pm Power Walking

6:45pm Water Aerobics

7:30pm Water Walking

**\*\*Please bring your own hand weights (1-3 lbs**

**recommended) and a resistance band to class.\*\***

**+ +In case of bad weather, please call the rec center (314-**

**867-0700) to verify if we are having class.+ +**