

Tricia's Pay-as-You-Go November 2018

Resident: \$3.00 per class

Nonresident: \$3.50 per class

Mon 11/19	4:45pm Chair Aerobics 6:45 Water Aerobics 7:30pm Deep Water
Tues 11/20	4:45pm Beginner Strength^^ 5:45pm Water Aerobics 6:30pm Water Toning
Tues 11/27	3:30pm Water Walking 4:30pm Chair Aerobics 5:45pm Water Toning 6:30pm Deep Water
Thurs 11/29	3:30pm Water Toning 4:45pm Chair Aerobics 6:45pm Water Aerobics (1 hour)
Mon 12/3	4:45pm Beginner Strength^^ 5:45pm Cardio & Core^^ 6:45pm Water Aerobics 7:30pm Deep Water
Tues 12/4	3:45pm Chair Aerobics 4:45pm Water Walking 5:30pm Water Toning
Mon 12/10	4:45pm Chair Aerobics 5:45pm Cardio & Core^^ 6:45pm Water Aerobics 7:30pm Deep Water
Thurs. 12/13	4:45pm Chair Aerobics 6:45pm Water Aerobics (1 hour)

Tues. 12/18	4:45pm Beginner Strength^^ 5:45pm Water Walking 6:30pm Deep Water
Thurs. 12/20	4:45pm Chair Aerobics 5:45pm Water Aerobics 6:30pm Water Toning
Thurs. 1/3	4:45pm Chair Aerobics 6:45pm Water Aerobics (1 hour)
Tues. 1/8	3:45pm Beginner Strength^^ 4:45pm Water Aerobics 5:30pm Water Toning 6:15pm Deep Water
Thurs. 1/10	3:30pm Water Toning 4:45pm Chair Aerobics 6:45pm Water Aerobics (1 hour)

(^^) Gym class participants should bring their own hand weights and resistance band to class.

During inclement weather, please call the rec center to make sure we are having class: 314-867-0700

Winter Session Starts January 14, 2019!

Resident registration begins: December 31st

Non-Resident registration begins: January 7th