

Recreation Center List of Classes

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors in Shape Christyne Robertson 10:00-11:00 AM	Seniors in Shape Christyne Robertson 10:00-11:00 AM	Seniors in Shape Christyne Robertson 10:00-11:00 AM	Seniors in Shape Christyne Robertson 10:00-11:00 AM	Seniors in Shape Christyne Robertson 10:00-11:00 AM	
	Yoga Flow Andrea Owens 4:30-5:15 PM		Yoga Flow Andrea Owens 4:30-5:15 PM		
Body Bar Christyne Robertson 5:30-6:30 PM	Body Bar Christyne Robertson 5:30-6:30 PM	Body Bar Christyne Robertson 5:30-6:30 PM	Body Bar Christyne Robertson 5:30-6:30 PM		
	Step Aerobics Emily Porter 6:45-7:45 PM		Step Aerobics Emily Porter 6:45-7:45 PM		Step Aerobics Emily Porter 9:00-10:00 AM

Please check individual class forms for beginning and ending dates for each class.

For questions about classes, please call the Recreation Center at 573-682-2196.