

Recreation Center List of Classes

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors in Shape Christyne Robertson 8:30-9:30 AM		Seniors in Shape Christyne Robertson 8:30-9:30 AM		Seniors in Shape Christyne Robertson 8:30-9:30 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	Seniors in Shape Christyne Robertson 10:00-11:00 AM	
Body Bar/Low Impact Aerobics Christyne Robertson 5:30-6:30 PM	Body Bar/Low Impact Aerobics Christyne Robertson 5:30-6:30 PM	Body Bar/Low Impact Aerobics Christyne Robertson 5:30-6:30 PM	Body Bar/Low Impact Aerobics Christyne Robertson 5:30-6:30 PM		

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.