



COMMUNITY SERVICE CLASSES

WINTER 2020

Full Body Flexibility

Fitness	Renate Stege	M W F	8-9 am	02/24/20 - 04/17/20	\$55
Fitness	Renate Stege	M W F	8-9 am	04/20/20 - 06/05/20	\$55

Deep Water Aerobics

Aqua	Renate Stege	M W F	9-10 am	01/06/20 - 02/21/20	\$55
Aqua	Renate Stege	M W F	9-10 am	02/24/20 - 04/17/20	\$55
Aqua	Renate Stege	M W F	9-10 am	04/20/20 - 06/05/20	\$55

Swimnastics

Aqua	Renate Stege	M W F	10-11 am	01/06/20 - 02/21/20	\$55
Aqua	Renate Stege	M W F	10-11 am	02/24/20 - 04/17/20	\$55
Aqua	Renate Stege	M W F	10-11 am	04/20/20 - 06/05/20	\$55

Aquarobics

Aqua	Renate Stege	M W F	11 am-12 pm	01/06/20 - 02/21/20	\$55
Aqua	Renate Stege	M W F	11 am-12 pm	02/24/20 - 04/17/20	\$55
Aqua	Renate Stege	M W F	11 am-12 pm	04/20/20 - 06/05/20	\$55

Going Ball-istic

Fitness	Julie Smith	M W	4-5 pm	01/06/20 - 02/19/20	\$45
Fitness	Julie Smith	M W	4-5 pm	02/24/20 - 04/15/20	\$45
Fitness	Julie Smith	M W	4-5 pm	04/20/20 - 06/03/20	\$45

Body Shaping/Weight Training

Fitness	Patricia Petrus	T R	9-10 am	01/07/20 - 02/20/20	\$45
Fitness	Patricia Petrus	T R	10-11 am	01/07/20 - 02/20/20	\$45
Fitness	Patricia Petrus	T R	9-10 am	02/25/20 - 04/16/20	\$45
Fitness	Patricia Petrus	T R	10-11 am	02/25/20 - 04/16/20	\$45
Fitness	Patricia Petrus	T R	9-10 am	04/21/20 - 06/04/20	\$45
Fitness	Patricia Petrus	T R	10-11 am	04/21/20 - 06/04/20	\$45

Introduction to Tai Chi

Fitness	Joe Moloney	T	10:30-11:30 am	01/07/20 - 02/18/20	\$35
Fitness	Joe Moloney	T	10:30-11:30 am	02/25/20 - 04/14/20	\$35
Fitness	Joe Moloney	T	10:30-11:30 am	04/21/20 - 06/02/20	\$35

WERQ

Fitness	Cara Mitchell	T	5:30-6:30 pm	01/07/20 - 02/18/20	\$35
Fitness	Cara Mitchell	T	5:30-6:30 pm	02/25/20 - 04/14/20	\$35
Fitness	Cara Mitchell	T	5:30-6:30 pm	04/21/20 - 06/02/20	\$35
Fitness	Cara Mitchell	S	8:30-9:30 am	01/11/20 - 02/22/20	\$35
Fitness	Cara Mitchell	S	8:30-9:30 am	02/29/20 - 04/18/20	\$35
Fitness	Cara Mitchell	S	8:30-9:30 am	04/25/20 - 06/06/20	\$35

Tuesday & Saturday Class Combined \$45

All current Rec Center members will receive a \$5 discount on all Community Service Classes.
 No classes on 03/30/20-04/04/20 or 05/25/20.
 Registration for classes begins 11/25/19 at 8 a.m.
 Please register by online visit <https://westshore.asapconnected.com/default.aspx> or call the Recreation Center 231.843.5543.