

## Plus Sized Water Aerobics

Think you need to exercise and don't know where to start? This ever-popular class provides a non-impact opportunity that is safe for any body and is soothing and fun. You'll see improvements in flexibility, strength and endurance. Plus Size Water Aerobics is a great class for getting slowly back into working out. It's appropriate for any fitness level and you do not need to know how to swim. The class is also taught by a plus-size instructor. All classes are one hour long. One day drop-in rates are available. Please call the Chalet to make sure the class is running before dropping in. All classes are one hour. Purchase class punch card at front desk.

Code:	4000-0	4000-1
Ages:	18 +	18 +
Day(s):	Sunday	Wednesday
Date(s):	5/22 - 8/28	5/18 - 8/31
No Class:	June 5 & 26 Aug 14 & 21	August 17 & 24
Time:	11 AM Sun	8 PM Wed
Location:	Chalet	
Fee:	5 Classes:	\$20 res & members \$45 nr & non-members
	10 Classes:	\$30 res & members \$79 nr & non-members
	1 Day drop-in	\$15
Instructor:	Sandy Dixon	
Min/Max:	4/15	

## Zumba

Ditch the workout and join the party-this class is so much fun, you'll actually forget you're working out! Salsa, meringue, and cha-cha to Latin and international music while you get an awesome total body, calorie-blasting workout. No dance experience is necessary and all fitness levels are welcome. This is one workout you've just got to try! You'll need to bring a small towel and water. Missed classes may be made up within the same session. One day drop-in rates are available. Please call the Recreation Center to make sure class is running before dropping in.



Code:	3731-0	3731-1	3731-2
Ages:	18 +	18 +	18 +
Day(s):	Thursday	Saturday	Thurs & Sat
Date(s):	6/16 - 8/25	6/18 - 8/27	6/16 - 8/27
No Class:	6/30, 8/4, 8/11	7/2, 8/6, 8/13	
Time:	6:45 - 7:45 PM	8:45 - 9:45 AM	
Location:	Rec Center		
Fee:	\$70/Thursday or Saturday \$125/both sessions \$15 for one day drop-in (Code # 3731-3)		
Instructor:	Martha Strawbridge		
Min/Max:	5/20		

**Check us out on FaceBook**