Recreation Center List of Classes

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors in	-	Seniors in		Seniors in	
Shape		Shape		Shape	
Christyne		Christyne		Christyne	
Robertson		Robertson		Robertson	
8:30-9:30 AM		8:30-9:30 AM		8:30-9:30 AM	
Seniors in	Seniors in Shape	Seniors in	Seniors in	Seniors in	
Shape	Christyne	Shape	Shape	Shape	
Christyne Robertson	Robertson	Christyne	Christyne	Christyne	
10:00-11:00 AM	10:00-11:00 AM	Robertson	Robertson	Robertson	
10.00-11.00 AM		10:00-11:00 AM	10:00-11:00 AM	10:00-11:00 AM	<u>-</u>
Body Bar/Low	Body Bar/Low	Body Bar/Low	Body Bar/Low		
Impact Aerobics	Impact Aerobics	Impact Aerobics	Impact Aerobics		
Christyne	Christyne	Christyne	Christyne		
Robertson	Robertson	Robertson	Robertson		
5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	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.