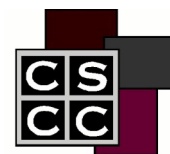


FITNESS CLASSES - May

CENTRAL SQUARE COMMUNITY CENTER

Sign up by month or by drop in fee



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner / Intermediate							
Absolute Abs		6:30-7:30 pm			6:30-7:30 pm		
Aqua Interval	11:00-12:00 pm			6:00-7:00 pm			8:15-9:15 am
Beginner Kettlebell							7:30-8:30 am
Pilates			5:30-6:30 pm				
Total Body Conditioning			5:15-6:15 am		5:15-6:15 am		
Yoga Fitness				5:30-6:30 pm	8:30-9:30 am		8:30-9:30 am
Intermediate / Advanced							
Cardio Kickboxing			6:30-7:30 pm				
Cardio & Strength Circuit				4:30-5:30 pm		5:30-6:30 pm	
Country Heat®			4:30-5:30 pm				
HIIT Boot Camp		5:30-6:30 pm		6:30-7:30 pm			
Kettlebell	10:00-11:00 am						
Kettlebell TRX® Fusion Beginner		4:30-5:30 pm	8:30-9:30 am				
Kettlebell TRX® Fusion				6:30-7:30 pm			
R.I.P.P.E.D.®					5:30-6:30 pm		
TRX Group				7:30-8:30pm			

FITNESS/EXERCISE CLASS PER MONTH FEES:

Member \$18.00
Non-Member \$26.00

DROP IN FEE:

Member \$6.00
Non-Member \$9.00



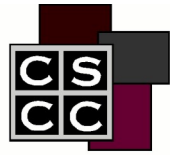
Sign up for 2 classes in the same month and receive a \$4 discount on each additional class in that same month. Register early - space is limited
May 27th Memorial Day all regular classes cancelled.

Monday December 24, Christmas Eve - Jingle Bells 8:00 am.

FITNESS CLASSES - May

CENTRAL SQUARE COMMUNITY CENTER

Sign up by month or by drop in fee



	Monday	Tuesday	Wednesday	Thursday	Friday
Water Classes					
Senior Aqua Interval	10:30 AM		10:30 AM		10:30 AM
Fitness Classes					
Senior Pilates	9:30 AM				
Senior Yoga			9:30 AM		
Silver and Fit® Experience					9:30 AM
Silver Sneakers® Classic		9:35 AM		9:35 AM	

These classes are designed for ages 55 and older. Both men and women are encouraged to sign up for these great classes to improve balance, strength and flexibility.

FITNESS/EXERCISE CLASS FEES:

One day/week class:

Member \$10.00
Non-Member \$12.00

DROP IN:

Member \$3.50
Non-Member \$4.00

Two days/week class:

Member \$16.00
Non-Member \$18.00

Many of your senior classes are included with your Silver & Fit® and Silver Sneakers® memberships.