

RECREATION

Winter SCHEDULE

(512) 332-8805

MONDAY

7:00AM
SUNRISE STRETCH

9:00AM
CYCLING

10:15AM
AOA STRONG

1:00PM (SR)
LINE DANCE

1:00PM
CHAIR VOLLEYBALL+

5:45PM
TRANSFORM

6:45PM
BOLLY X

TUESDAY

8:00AM
CARDIO BOOTCAMP

10:15AM
ADAPTIVE CHAIR YOGA

11:30AM
SILVER BOOM MOVE

5:30PM
GENTLE YOGA

6:45PM
ZUMBA

WEDNESDAY

6:45AM
HIIT-45

10:15AM
GENTLE YOGA

10:30AM (SR)
ADAPTIVE CHAIR YOGA

11:30AM
CARDIO DANCE

5:45PM
HIIT-45

THURSDAY

8:00AM
CARDIO BOOTCAMP

9:00AM
ENERCHI

10:15AM
BODY BLAST

12:30PM
EAT WELL CLASS*

5:30PM
GENTLE YOGA

6:45PM
ZUMBA

FRIDAY

6:45AM
HIIT-45

10:15AM
AOA STRONG

11:30AM
ZUMBA GOLD

SATURDAY

8:15AM
CYCLING

9:15AM
PILATES CORE WELLNESS

10:30AM
BOLLY X

UNLESS STATED OTHERWISE
ALL CLASSES ARE HELD AT
1008 WATER ST.

(SR) CLASS HELD AT SENIOR CENTER
1209 LINDEN

(OD) CLASS HELD AT OUTDOOR UNIT
600 CHARLES BLVD

(SP) CLASS HELD AT STATE PARK POOL
100 PARK RD A

(+) CLASS HELD THE FIRST MONDAY
OF EVERY MONTH

(*) CLASS HELD THE LAST THURSDAY
OF EVERY MONTH

ALL PROGRAMS/CLASSES ARE INCLUDED IN
MONTHLY MEMBERSHIPS:

INDIVIDUAL - \$30/\$35

SENIOR/MILITARY/PERSONS W/DISABILITIES - \$20/\$25

FAMILY - \$50/\$55

MILITARY FAMILY - \$40/\$45