

## Fitness Class Schedule – 6 Week Fall Session 1

Day of Week	Class	Dates	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	09/11 – 10/16	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$34 / 6 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Monday	Zumba Toning	09/11 – 10/16	4:30 pm – 5:15 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Monday	Piloxing	09/11 – 10/16	5:25 pm – 6:10 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Tuesday	Boot Camp	09/12 – 10/17	5:15 pm – 6:15 pm	Government Center Basement	Michele Jacobs	\$35 / 6 week session \$7 walk-in	Email Michele at: <a href="mailto:michele7291@gmail.com">michele7291@gmail.com</a>
Wednesday	Core & More	09/13 – 10/18	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$34 / 6 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Wednesday	Yoga	09/13 – 10/18	4:30 pm – 5:15 pm	HHS Auditorium	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Wednesday	Zumba Toning + Core	09/13 – 10/18	5:25 pm – 6:10 pm	HHS Auditorium	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Thursday	Core Strength	09/14 – 10/19	5:30 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$30 / 6 week session \$6 walk-in	Email Michele at: <a href="mailto:michele7291@gmail.com">michele7291@gmail.com</a>
Friday	Boot Camp	09/15 – 10/20	5:15 am – 6:00 am	Government Center Basement	Michele Jacobs	\$35 / 6 week session \$7 walk-in	Email Michele at: <a href="mailto:michele7291@gmail.com">michele7291@gmail.com</a>

**---> Register by Tuesday, September 5 <---**

**All students must register in advance and indicate whether they are planning to attend the full session or as a walk-in.  
If you do not pre-register with the instructor, classes may be cancelled if not enough participants have registered.**

If a class is cancelled due to inclement weather or instructor illness, the make-up session will be held on the week following the last scheduled class.