

Fitness Class Schedule – 6 Week Fall Session 2

Day of Week	Class	Dates	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	10/30 – 12/11	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$34 / 6 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Monday	Hatha Yoga	10/30 – 12/11	4:30 pm – 5:15 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Monday	Piloxing	10/30 – 12/11	5:25 pm – 6:10 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Tuesday	Boot Camp	11/7* – 12/19* <i>Please note start & end dates</i>	5:15 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$35 / 6 week session \$7 walk-in	Email Michele at: Jacobs7291@gmail.com
Wednesday	Core & More	11/01 – 12/13 <i>No Class 12/6</i>	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$29 / 5 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Wednesday	Yoga	11/01 – 12/13	4:30 pm – 5:15 pm	HHS Auditorium <i>*11/15 class @Gov't Center</i>	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Wednesday	Zumba Toning + Core	11/01 – 12/13	5:35 pm – 6:20 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Thursday	Jazzercise Express	11/02 – 12/14	4:30 pm – 5:00 pm	Government Center Basement	Amanda Lagle	\$35 / 6 week session \$7 walk-in	Email Amanda at: lagle@live.com
Thursday	Core & More	11/02 – 12/21 <i>No Class 11/30</i>	5:30 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$30 / 6 week session \$6 walk-in	Email Michele at: Jacobs7291@gmail.com



---> Register by Thursday, October 26 <---

**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.**

****No Classes week of November 20****

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.