

Fitness Class Schedule – Fall Session 1

Day of Week	Class	Session	Time	Location	Instructor	Cost	How to Register
Monday	Pi Yo Stretch	09/10/2018 – 10/29/2018*	12:00 pm - 12:30 pm	HHS Auditorium	Rachel Czys	\$41 / 7 week session \$7 walk-in	Email: rczys1@yahoo.com
Monday	Piloxing	09/10/2018 – 10/29/2018*	5:15 pm - 6:00 pm	Government Center Basement	Rachel Czys	\$41 / 7 week session \$7 walk-in	Email: rczys1@yahoo.com
Wednesday	Shred & Burn	09/12/2018 – 10/31/2018*	5:15 pm - 6:00 pm	Government Center Basement	Rachel Czys	\$41 / 7 week session \$7 walk-in	Email: rczys1@yahoo.com

Fitness Class Schedule – Fall Session 2

Day of Week	Class	Session	Time	Location	Instructor	Cost	How to Register
Monday	Pi Yo Stretch	11/05/2018 – 12/17/2018**	12:00 pm - 12:30 pm	HHS Auditorium	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Monday	Piloxing	11/05/2018 – 12/17/2018**	5:15 pm - 6:00 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Wednesday	Shred & Burn	11/07/2018 – 12/19/2018**	5:15 pm - 6:00 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com

---> Contact instructor directly to register for classes by August 31 <---

- All students must register in advance and indicate whether they are planning to attend class on a regular basis or as a walk-in.
 - If you do not pre-register with the instructor, classes may be cancelled if not enough participants have registered.
 - Instructor will contact participants in the event of class cancellation due to weather or other scheduling issue.

*Fall Session 1 – No classes Monday, October 22 & Wednesday, October 24

**Fall Session 2 – No classes Monday, November 19 & Wednesday, November 21