

## 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: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
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: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Wednesday	Yoga	11/07/2018 – 12/19/2018*	4:30 pm - 5:10 pm	HHS Auditorium	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Wednesday	Shred & Burn	11/07/2018 – 12/19/2018*	5:25 pm - 6:10 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>

**---> Contact instructor directly to register for classes <---**

- 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 2 – No classes Monday, November 19 & Wednesday, November 21