

Fitness Class Schedule – Spring 2018

Day of Week	Class	Begin Date**	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	03/19/2018	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$44 / 8 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Monday	Piloxing	03/19/2018	5:25 pm – 6:10 pm	Government Center Basement	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Tuesday	Boot Camp	3/6/18 Continuous - Every Tuesday	5:15 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$60 / Punch card good for 10 sessions* \$7 walk-in	Email Michele at: Jacobs7291@gmail.com
Wednesday	Yoga	03/21/2018	4:30 pm – 5:10 pm	HHS Auditorium	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Wednesday	Focus on Fitness	03/21/2018	5:25 pm – 6:10 pm	Government Center Basement	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Thursday	Core & More	3/8/18 Continuous – Every Thursday	5:30 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$60 / Punch card good for 10 sessions* \$6 walk-in	Email Michele at: Jacobs7291@gmail.com

---> Contact Instructor ASAP but no later than March 9 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.

*Punch Card is good for any class with this specific instructor only & valid for 3 months from date of purchase.

Schedule Notes

- Tuesday Boot Camp and Thursday Core & More will run continuously – no breaks between sessions.
- Monday & Wednesday classes will run on 8 week sessions with classes running through the week of May 7.
- Instructor will contact participants in the event of class cancellation due to weather or other scheduling issue.

Weekly Organized Walks – Spring 2018

Day of Week	Begin Date	Time	Location	Contact Person	Details
Tuesday	03/06/2018	5:15 pm - 5:45 pm	Government Center	Pat Pane Call or text 262-903-7292	Weekly walks. Park in the north parking lot at the Government Center, meet at Door 5. Walk a little over a mile, 4 laps outside around the government center city block. <i>No building access or bathrooms available.</i>
Thursday	03/08/2018				