

## Fitness Class Schedule – Summer Session 2

Day of Week	Class	Dates	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	07/31 – 08/28	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$28 / 5 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Monday	Hatha Yoga	07/31 – 08/28	3:45 pm – 4:30 pm	HHS Auditorium	Rachel Czys	\$30 / 5 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Monday	Piloxing	07/31 – 08/28	5:15 pm – 6:15 pm	Government Center Basement	Rachel Czys	\$30 / 5 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Tuesday	Boot Camp	08/01 – 08/29	5:15 pm – 6:15 pm	Government Center Basement	Michele Jacobs	\$30 / 5 week session \$7 walk-in	Email Michele at: <a href="mailto:michele7291@gmail.com">michele7291@gmail.com</a>
Wednesday	Zumba	08/02 – 8/30	5:15 pm – 6:15 pm	Government Center Basement	Rachel Czys	\$30 / 5 week session \$8 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Thursday	Core Strength	08/03 – 08/31	5:30 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$25 / 5 week session \$6 walk-in	Email Michele at: <a href="mailto:michele7291@gmail.com">michele7291@gmail.com</a>
Friday	Boot Camp	08/04 – 09/01	5:15 am – 6:00 am	Government Center Basement	Michele Jacobs	\$30 / 5 week session \$7 walk-in	Email Michele at: <a href="mailto:michele7291@gmail.com">michele7291@gmail.com</a>

Please note, all classes are scheduled for five weeks. 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.

**Each class must have a minimum of 7 pre-registered participants in order to run. All students must sign up in advance and indicate whether they are registering for the session or plan to attend as a walk-in. Registration is due ASAP and is non-refundable. Please register directly with the instructor.**