

Fitness Class Schedule – Summer Session 1

Day of Week	Class	Session	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	05/21/2018 – 07/09/2018*	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$33 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Monday	Piloxing	05/21/2018 – 07/09/2018*	5:15 pm - 6:00 pm	Gov't Ctr Basement: 5/21, 6/25 & 7/9 Gov't Ctr Upstairs Room 220: 6/4, 6/11 & 6/18	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Wednesday	Focus on Fitness	05/23/2018 – 07/11/2018*	5:15 pm – 6:00 pm	Gov't Ctr Basement: 5/23, 6/27 & 7/11 Gov't Ctr Upstairs Room 220: 6/6 & 6/20 Gov't Ctr Upstairs Rooms 216-219: 6/13	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com

Fitness Class Schedule – Summer Session 2

Day of Week	Class	Session	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	07/16/2018 – 08/20/2018	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$33 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Monday	Piloxing	07/16/2018 – 08/20/2018	5:15 pm - 6:00 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Wednesday	Focus on Fitness	07/18/2018 – 08/22/2018	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 <---

- 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.

*Summer Session 1 – No class May 28, May 30, July 2 & July 4

Other Opportunities – Summer Walking & Mountain Biking!

Day of Week	Time	Location	Contact Person	Details
Tuesday	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				
Varies	Varies	Kettle Moraine John Muir Mountain Bike Trails	Jamie Green Email jgreen@co.walworth.wi.us	Mountain Bikers, are you interested in riding with others? If so, contact Jamie Green who will be gathering interested individuals to coordinate some group mountain bike rides. You will need a state park sticker as well as a state trail pass to park & ride the trails available at the trail head with self-registration. Not a mountain biker? Consider hiking the Nordic Trails while others are biking!

