

## Fitness Class Schedule – Winter 2018

Day of Week	Class	Begin Date**	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	01/08/2018	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$44 / 8 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Monday	Focus on Fitness	01/08/2018	4:40 pm – 5:20 pm	Government Center Basement	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Monday	Piloxing	01/08/2018	5:25 pm – 6:10 pm	Government Center Basement	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Tuesday	Boot Camp	01/09/2018	5:15 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$60 / Punch card good for 10 sessions* \$7 walk-in	Email Michele at: <a href="mailto:Jacobs7291@gmail.com">Jacobs7291@gmail.com</a>
Wednesday	Yoga	01/10/2018	4:30 pm – 5:10 pm	HHS Auditorium	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Wednesday	Focus on Fitness	01/10/2018	5:25 pm – 6:10 pm	Government Center Basement	Rachel Czys	\$46 / 8 week session \$7 walk-in	Email Rachel at: <a href="mailto:rczys1@yahoo.com">rczys1@yahoo.com</a>
Thursday	Core & More	01/11/2018	5:30 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$60 / Punch card good for 10 sessions* \$6 walk-in	Email Michele at: <a href="mailto:Jacobs7291@gmail.com">Jacobs7291@gmail.com</a>

**---> Contact Instructor ASAP to register by Friday, January 5 <---**

**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.**
- **Monday & Wednesday classes will run on 8 week sessions.**
- **Instructor will contact participants in the event of class cancellation due to weather or other scheduling issue.**

**\*\*Classes begin week of January 8\*\***