

Fitness Class Schedule – Winter & Spring 2019 – 3 Sessions

Day of Week	Class	Time	Location	Instructor	Cost	How to Register
Monday	Yoga	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Monday	Piloxing	5:15 pm - 6:00 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Wednesday	Yoga	4:30 pm – 5:10 pm	HHS Auditorium	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com
Wednesday	RIPPED	5:25 pm - 6:10 pm	Government Center Basement	Rachel Czys	\$35 / 6 week session \$7 walk-in	Email: rczys1@yahoo.com

Session 1 – January 21 through February 27, 2019

Session 2 – March 4 through April 17, 2019 - No class week of March 18

Session 3 – April 22 through June 5, 2019 - No class week of May 29

---> 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.