

Fitness Class Schedule – Spring Session

Day of Week	Class	Dates	Time	Location	Instructor	Cost	How to Register
Monday	Pi-Yo Stretch	04/24 – 05/22	12:00 pm – 12:30 pm	HHS Auditorium	Rachel Czys	\$28 / 5 week session \$7 walk-in	Email Rachel at: rczys1@yahoo.com
Monday	Hatha Yoga	04/24 – 5/22	3:45 pm – 4:30 pm	HHS Auditorium	Rachel Czys	\$30 / 5 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Monday	Piloxing	04/24 – 05/22	5:15 pm – 6:15 pm	Government Center Basement	Rachel Czys	\$30 / 5 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Tuesday	Boot Camp	04/25 – 05/30	5:15 pm – 6:15 pm	Government Center Basement	Michele Jacobs	\$35 / 6 week session \$7 walk-in	Email Michele at: michele7291@gmail.com
Wednesday	Zumba	04/26 – 05/24	5:15 pm – 6:15 pm	Government Center Basement	Rachel Czys	\$30 / 5 week session \$8 walk-in	Email Rachel at: rczys1@yahoo.com
Thursday	Core Strength	05/04 – 06/08	5:30 pm – 6:00 pm	Government Center Basement	Michele Jacobs	\$30 / 6 week session \$6 walk-in	Email Michele at: michele7291@gmail.com

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