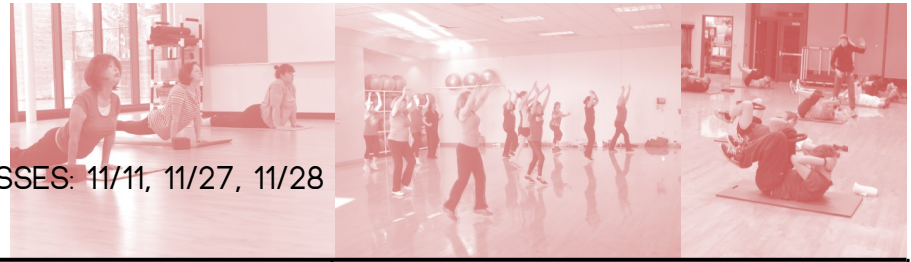


# CONESTOGA RECREATION & AQUATIC CENTER



DROP-IN FITNESS CLASS SCHEDULE • SEPT 15TH - DEC 13TH • NO CLASSES: 11/11, 11/27, 11/28

## MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AQUA BOOT CAMP 6:00-6:55AM LISA B.</p> <p>TOTAL BODY CONDITIONING 6-6:55A - 201 DESIREE</p> <p>DEEP WATER AEROBICS 8:30-9:30AM LISA B.</p> <p>BOOT CAMP, FITNESS, 9-9:55A - 201 LISA R.</p> <p>YOGA/PILATES PLUS 10-10:55A - 201 ED</p>	<p>TRIATHLON TRAINING 6:00-7:10A 201 LISA B.</p> <p>LOW IMPACT- TOTAL BODY WORKOUT 7:15-8:10AM- 201 DESIREE</p> <p>DEEP WATER AEROBICS 8:30-9:30AM CATHY</p> <p>PREGNANCY FITNESS 8:30-9:30AM LISA B.</p> <p>FUNCTIONAL MOVEMENT 9:00-9:55A-200 DANIELLE</p> <p>ZUMBA 9:30-10:25A- 201 CHRISTL</p> <p>YOGA, ALL LEVELS 10-10:55A - 200 JODI</p> <p>TOTAL BODY CONDITIONING 10:30-11:25A-201 LIST B.</p> <p>BABY AND ME YOGA 11-11:55A- 200 JODI</p>	<p>AQUA BOOT CAMP 6:00-6:55AM LISA B.</p> <p>TOTAL BODY CONDITIONING 6-6:55A - 201 DESIREE</p> <p>INDOOR CYCLING 6-6:55A- 200 MIKE</p> <p>DEEP WATER AEROBICS 8:30-9:30AM LISA B.</p> <p>BOOT CAMP, FITNESS, 9-9:55A - 201 TERESA</p>	<p>TRIATHLON TRAINING 6-7:10A - 201 LISA B.</p> <p>LOW IMPACT- TOTAL BODY WORKOUT- 201 7:15-8:10AM DESIREE</p> <p>DEEP WATER AEROBICS 8:30-9:30AM CATHY</p> <p>PREGNANCY FITNESS 8:30-9:30AM LISA B.</p> <p>ZUMBA 9:30-10:25A- 201 CHRISTL</p> <p>YOGA/PILATES PLUS 10-10:55A-200 ED</p> <p>TOTAL BODY CONDITIONING 10:30-11:25A-201 LISA B.</p>	<p>TOTAL BODY CONDITIONING 6-6:55A - 201 DESIREE</p> <p>DEEP WATER AEROBICS 8:30-9:30AM CATHY</p> <p>ZUMBA® 10:30-11:25A-201 JEANETTE</p>	<p>BOOT CAMP, FITNESS, STRENGTH &amp; ENDURANCE 8-8:55A-201 COLLEEN</p> <p>YOGA ALL LEVELS 8-8:55A- 200 TRISTIANE</p> <p>DEEP WATER AEROBICS 9:00-9:55AM LISA B.</p> <p>ZUMBA 9-9:55A- 201 JACKELYNE</p> <p>INDOOR CYCLING 9:10-10:05A- 200 MIKE</p> <p>FIT FOR FAMILY 10-10:55A - 201 JESSICA</p>	<p>**TAI CHI, YANG 24 MOVEMENT FORM 9-9:55A - 200 ED</p> <p>ZUMBA® AEROBICS 10:15-11:10A - 201 VIRIGLIO</p>
<p>DROP IN FITNESS CLASS ID \$6.50 OD \$13.00 (WITHOUT ASSESSMENT)</p> <p>**SPECIALTY FITNESS CLASS ID \$10.50 OD \$21.00 (WITHOUT ASSESSMENT)</p> <p>AQUATIC FITNESS CLASS ID \$5.00 OD \$10.00 (WITHOUT ASSESSMENT)</p>						
<p>CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE DUE TO DO ENROLLMENT AND/OR OTHER REASONS. CYCLING CLASSES ARE LIMITED IN AMOUNT OF BIKES AVAILABLE.. FOR ANY QUESTIONS OR CONCERNS PLEASE CALL 503/629-6313</p>						

# CONESTOGA RECREATION & AQUATIC CENTER



DROP-IN FITNESS CLASS SCHEDULE • SEPT 15TH - DEC 13TH • NO CLASSES: 11/11, 11/27, 11/28, 12/24, 12/25, & 1/1  
AFTERNOON CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CARDIO CORE 5:30-6:25P-201 TERESA</p> <p>TOTAL BODY CONDITIONING 6:30-7:25P- 201 TERESA</p> <p>GROUP FIT CYCLING 7:30-8:25P-200 COLLEEN</p> <p>ZUMBA 7:30-8:25P-201 CHRISTL</p>	<p>R.I.P.P.E.D 5:30-6:25P- 201 CHRISTL</p> <p>RUN TO BE FIT 5:30-6:25P -O/S COLLEEN</p> <p>DEEP WATER AEROBICS 6:25-7:25PM AMANDA</p> <p>FUNCTIONAL MOVEMENT 6:30-7:25P- 200 JESSICA</p> <p>ZUMBA 6:30-7:25A- 201 BRIANNE</p> <p>BOOT CAMP 7:30-8:25P-201 CHELSEY</p>	<p>CARDIO CORE 5:30-6:25P- 201 TERESA</p> <p>TOTAL BODY CONDITIONING 6:30-7:25P- 201 TERESA</p> <p>GROUP FIT CYCLING 7:30-8:25P- 200 COLLEEN</p>	<p>R.I.P.P.E.D 5:30-6:25P-201 CHRISTL</p> <p>RUN TO BE FIT 5:30-6:25P -O/S COLLEEN</p> <p>DEEP WATER AEROBICS 6:25-7:25PM AMANDA</p> <p>YOGA ALL LEVELS 6:15-7:10P- 200 TRISTIANE</p> <p>ZUMBA 6:30-7:25A- 201 BRIANNE</p> <p>BOOTCAMP 7:30-8:25P- 201 CHELSEY</p>			
				<div style="border: 2px solid red; padding: 10px;"> <p>SMALL GROUP AND PERSONAL TRAINING ARE AVAILABLE.. PLEASE CALL 503/629-6313 OR CHECK IN WITH THE FITNESS DESK. DATES AND TIMES ARE FLEXIBLE..</p> <p>PERSONAL TRAINING: YOU WILL MEET ONE-ON-ONE WITH A TRAINER. THE PROGRAM WILL BE INDIVIDUALIZED TO MEET YOUR GOALS.</p> <p>\$48.50 PER SESSION</p> <p>SMALL GROUP TRAINING: YOUR GROUP WILL MEET WITH A TRAINER FOR A PRIVATE ONE HOUR SESSION.</p> <p>2 PEOPLE- \$30.00 PER PERSON</p> <p>3 PEOPLE- \$20.00 PER PERSON</p> </div>		
				<p>DROP IN FITNESS CLASS ID \$6.50 OD \$13.00 (WITHOUT ASSESSMENT)</p> <p>**SPECIALTY FITNESS CLASS ID \$10.50 OD \$21.00 (WITHOUT ASSESSMENT)</p> <p>AQUATIC FITNESS CLASS ID \$5.00 OD \$10.00 (WITHOUT ASSESSMENT)</p>		