

FITNESS CLASSES

February

Elkin Recreation Center - 336-794-6478

MONDAY

- WOMEN'S FITNESS @ 12:00-12:45PM / \$2.00

TUESDAY

- ZUMBA – 8:15-9:15AM / \$4.00
- WOMEN'S FITNESS - Yoga @ 12:00-12:45PM / \$2.00
 - WOMEN'S FITNESS @ 5:30-6:30PM / \$2.00

WEDNESDAY

- WOMEN'S FITNESS @ 12:00-12:45PM / \$2.00

THURSDAY

- ZUMBA – 8:15-9:15AM / \$4.00
- WOMEN'S FITNESS - Yoga @ 12:00-12:45PM / \$2.00
 - WOMEN'S FITNESS @ 5:30-6:30PM / \$2.00

Class Information on Back

Women's Fitness

Starting February 5 the daytime class (12:00-12:45pm) will be Monday-Thursday for 4 weeks. Monday & Wednesday class will consist of a mix of cardio and weight training. Yoga will be on Tuesday & Thursday and all classes will be held in the multi-purpose room.

Night Class Tuesday & Thursday (5:30-6:30pm) will consist of a mix of cardio and weight training and will be held in the multi-purpose room.

Cost is only \$2.00 and no preregistration is required. Classes are open to the public and no membership is required. These classes are designed to work with your schedule. Come when time permits. Bring a friend and let's get fit!

Zumba - Zumba will start back on Tuesday, February 6. Zumba is a Latin dance-inspired fitness class and will be on Tuesday & Thursday morning from 8:15-9:15am. Class will be held in the multi-purpose room. Cost is to be paid to the Zumba instructor.

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