

# Warrensburg Parks and Recreation Group Exercise Classes May 2012


## Group Exercise Class Fees

\$4 per class

\$50 per 20 class punch pass

\$30 per unlimited one month pass

\*Hydro-Exercise participants may only pay the daily rate or sign up for the entire session; punch passes and unlimited month passes not accepted

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00am-Aquacise-Teena 4:15pm-Weight Training-John 5:15pm-Spinning-Sherri 6:00pm-Aquacise-Dodee 6:30pm-Yoga Flow-Kari	2 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro-Exercise-Kelly 12:10pm-Tone-N-Tighten-Sherri 4:30pm-Cardio Blast-John 5:45pm-Spinning-Carly 7:30pm-Zumba-Heather	3 9:00am-Aquacise-Teena 4:30pm-Boot Camp-Marc 5:30pm-Gentle Yoga-Kari 6:00pm-Aquacise-Dodee 6:30pm-Spinning-Sherri	4 9:00am-Spinning-Carly 4:30pm-Boot Camp-Johnathan	5 9:00am-Yoga Flow-Kari  <b>9:00am CPR/First Aid/AED</b> Sign up at the Warrensburg Community Center!
6	7 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:00pm-Pilates-Theresa 4:30pm-Boot Camp-Marc 5:30pm-Power Yoga-Kari	8 9:00am-Aquacise-Teena 4:15pm-Weight Training-John 5:15pm-Spinning-Sherri 6:00pm-Aquacise-Dodee 6:30pm-Yoga Flow-Kari 7:30pm-Zumba-Heather	9 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:10pm-Tone-N-Tighten-Sherri 4:30pm-Cardio Blast-John 5:45pm-Spinning-Carly	10 9:00am-Aquacise-Teena 4:30pm-Boot Camp-Marc 5:30pm-Gentle Yoga-Kari 6:00pm-Aquacise-Dodee 6:30pm-Spinning-Sherri	11 9:00am-Aquacise-Teena 9:00am-Spinning-Carly 4:30pm-Boot Camp-Johnathan	12 9:00am-Yoga Flow-Kari  <b>9:00am Adventure Run</b> Sign up at the Warrensburg Community Center!
13 <b>WCC CLOSED Mother's Day</b>	14 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:00pm-Pilates-Theresa 4:30pm-Boot Camp-Marc 5:30pm-Power Yoga-Kari	15 9:00am-Aquacise-Teena 4:15pm-Weight Training-John 5:15pm-Spinning-Sherri 6:00pm-Aquacise-Dodee 6:30pm-Yoga Flow-Kari 7:30pm-Zumba-Heather	16 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:10pm-Tone-N-Tighten-Sherri 4:30pm-Cardio Blast-John 5:45pm-Spinning-Carly	17 9:00am-Aquacise-Teena 4:30pm-Boot Camp-Marc 5:30pm-Gentle Yoga-Kari 6:00pm-Aquacise-Dodee 6:30pm-Spinning-Sherri	18 9:00am-Aquacise-Teena 9:00am-Spinning-Carly 4:30pm-Boot Camp-Johnathan	19 9:00am-Yoga Flow-Kari
20	21 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:00pm-Pilates-Theresa 4:30pm-Boot Camp-Marc 5:30pm-Power Yoga-Kari	22 4:15pm-Weight Training-John 5:15pm-Spinning-Sherri 6:00pm-Aquacise-Dodee 6:30pm-Yoga Flow-Kari 7:30pm-Zumba-Heather	23 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:10pm-Tone-N-Tighten-Sherri 4:30pm-Cardio Blast-John 5:45pm-Spinning-Carly	24 9:00am-Aquacise-Teena 4:30pm-Boot Camp-Marc 5:30pm-Gentle Yoga-Kari 6:00pm-Aquacise-Dodee 6:30pm-Spinning-Sherri	25 9:00am-Aquacise-Teena 9:00am-Spinning-Carly 4:30pm-Boot Camp-Johnathan	26
27	28 7:00-8:30pm-River Walking  <b>WCC CLOSED Memorial Day</b>	29 9:00am-Aquacise-Teena 4:15pm-Weight Training-John 5:15pm-Spinning-Sherri 6:30pm-Yoga Flow-Kari 7:00-8:30pm-River Walking	30 9:00am-Aquacise-Teena 9:00am-Zumba-Natalie *10:00am-Hydro Exercise-Kelly 12:10pm-Tone-N-Tighten-Sherri 4:30pm-Cardio Blast-John 5:45pm-Spinning-Carly 7:00-8:30pm-River Walking	31 9:00am-Aquacise-Teena 4:30pm-Boot Camp-Marc 5:30pm-Gentle Yoga-Kari 6:30pm-Spinning-Sherri 7:00-8:30pm-River Walking		

Schedule subject to change. Class sizes are limited.