

2019 WINTER RECREATION PROGRAMS

	Residents	Non-Residents	Meets	Time	Location	Begins	Ends	# of classes
<u>Beginner HIIT</u> <i>Nicole Harris</i>	\$45.00	\$50.00	Tuesdays & Fridays	5:45 - 6:15 PM	WF Annex Building	Jan 8th	Feb 15th	12
						Feb 19th	March 29th	12
						April 2nd	May 10th	12
<u>Belly Dancing</u> <i>Tina Berrier</i>	\$45.00	\$50.00	Thursdays	7:00 - 8:00 PM	WF Annex Building	Jan 24th	March 7th	6
						March 28th	May 2nd	6
<u>Dog Training - Basic 101</u> <i>Anne Saunders</i>	\$85.00	\$85.00	Fridays	7:30 - 9:00 PM	WF Annex Building	Jan 11th	Feb 22nd	* full
						March 22nd	May 10th	7
<u>Doggie Rally/Agility</u> <i>Anne Saunders</i>	\$85.00	\$85.00	Wednesdays	7:30 - 9:00 PM	WF Annex Building	Jan 9th	Feb 20th	7
						March 20th	May 8th	7
<u>HIIT Classes</u> <i>Nicole Harris</i>	\$45.00	\$50.00	Tuesdays & Fridays	6:30 - 7:15 PM	WF Annex Building	Jan 8th	Feb 15th	12
						Feb 19th	March 29th	12
						April 2nd	May 10th	12
<u>Kickboxing</u> <i>Allison Ramsey</i>	\$55.00	\$60.00	Mondays & Wednesdays	6:00 - 7:00 PM	West Creek Hills	Jan 7th	Feb 27th	14
						March 4th	April 29th	14
<u>MAI Tai Chi</u> <i>Andrew Baker</i>	\$65.00	\$70.00	Mondays	7:00 - 8:00 PM	WF Annex Building	Jan 14th	May 6th	15
<u>Senior Aerobics</u> <i>Mary Stine</i>	FREE 55 years +	Residents Only	Tuesdays & Thursdays	11:00 AM - Noon	WF Annex Building	Jan 3rd	June 6th	45
<u>Zumba Gold</u> <i>Lisa Lynch</i>	\$35.00	\$40.00	Tuesdays	9:45 - 10:45 AM	WF Annex Building	Jan 8th	Feb 12th	6
						Feb 19th	March 26th	6
						April 2nd	May 7th	6

Sign-up Online or Call 717-732-0711, option 3