Jefferson Park & Recreation Department

Winter Fitness Schedule

Session 1: Jan 6th-Feb 14th

Session 2: Feb 17th- March 27th

Session 3 March 30th – May 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning Classes	Tone & Tighten 6:00-6:45 ♣ Morning Groove 8:00-8:45 ♣	AM Cycling 5:15-6:00 ♣ Big Ball Toning 6:00-6:45 ♣ Tai Chi 9:30-10:15♣	Tone & Tighten 6:00-6:45 ♣ Morning Groove 8:00-8:45 ♣	AM Cycling 5:15-6:00 ♣ Big Ball Toning 6:00-6:45 ♣ Tai Chi 9:30-10:15 ♣	Tone & Tighten 6:00-6:45 ♣ Senior Fitness 9:30-10:30 ♦	
Afternoon Classes	Extreme Fit 12:00-1:00 ♦		Extreme Fit 12:00-1:00 ♦		Extreme Fit 12:00-1:00 ♦	
Evening Classes	Zumba 5:30-6:30 ♣	Interval Step 5:30-6:15♣ Fit Club 5:30-6:30 ♠ Yoga 7:00-7:45 ♣	Zumba 5:30-6:30♣	Interval Step 5:30-6:15♣ Fit Club 5:30-6:30 ♠ Yoga 7:00-7:45 ♣		**Symbols of where classes will be held:** ♣ Aerobics Room ♦ Gym ♠ Upstairs game room

Investment: **Tone & Tighten** = $45.00 GCCC member/$55.00 public; **Extreme Fit** = $45.00 GCCC member/ $55.00 public; **AM Cycling** = $35.00 GCCC member/ $45.00 public
Tai Chi = $30.00 GCCC member/Punch Pass; **Big Ball Toning & Morning Groove** = Punch Pass Only; **Zumba Fitness** = $60.00 GCCC member/ $70.00 public
10 Punch Passes = $30.00 GCCC member/ $40.00 public; **20 Punch Passes** = $55.00 GCCC member/$70.00 public; **Zumba Punch Pass** = $60.00
Yoga = $60.00 GCCC member/$70.00 public; **TRX**= $30.00 GCCC member/$40.00 public

Up-coming activities: Adult co-ed Volleyball, 3rd& 4th Grade Basketball, Mini Cheer, Daddy-Daughter Dance, Indoor Soccer, Tae Kwon Do, 1st & 2nd Grade Basketball