



Jefferson  
Park & Recreation  
Department

## Summer I Fitness Classes

May 11<sup>th</sup> - June 20<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>	Tone & Tighten 6:00-6:45 ♣ Morning Groove 8:00-8:45 ♣	Big Ball Toning 6:00-6:45 ♣	Tone & Tighten 6:00-6:45 ♣ Morning Groove 8:00-8:45 ♣	Big Ball Toning 6:00- 6:45 ♣	Tone & Tighten 6:00-6:45 ♣	Cycling 8:30- 9:15AM ♣
<b>Afternoon Classes</b>	Extreme Fit 12:00- 1:00 ♦		Extreme Fit 12:00-1:00 ♦		Extreme Fit 12:00-1:00 ♦	
<b>Evening Classes</b>		Cycling 5:15-6:00 PM Yoga 7:00-7:45 ♣		Yoga 7:00-7:45 ♣		<b>Symbols of where classes will be held:</b> ♣ Aerobics Room ♦ Gym ▲ Upstairs game room

**Investment:** Tone & Tighten = \$40.00 GCCC member/\$50.00 public; **Extreme Fit** = \$45.00 GCCC member/ \$55.00 public; **Cycling** = \$35.00 GCCC member/ \$45.00 public  
**Big Ball Toning & Morning Groove** = Punch Pass Only  
**10 Punch Passes** = \$30.00 GCCC member/ \$40.00 public.  
**Yoga** = \$60.00 GCCC member/\$70.00 public; Drop-in rate: \$5.00 GCCC member; \$7.00 public

**Notes:** Classes start on Monday, May 11<sup>th</sup> unless otherwise noted

\*Tone & Tighten will start on Monday, May 18<sup>th</sup>\*

\*Cycling will start on Tuesday, May 19<sup>th</sup>\*

Classes that have been put on hold: Zumba, Step Aerobics, Tai Chi, & Senior Fitness