

CLASS SCHEDULE

Gymnastics

Mon 3-5 pm

Instructor: Chrissy Holder

Mon 5:30-7:30pm

Thur – 4-7 pm

Instructor: Paul Talley

Weight Watchers

Tuesday – 5:00 – 7:00 pm

Wednesday – 9:00-11:00 am

Clogging Class

Thur 6-9pm

Instructor: Amanda Weeks

Line Dancing

Mon 6-8pm

Instructor: Kathy Donohoo

Yoga

Mon & Wed 8-9am

Instructor: Judy Hamlet

\$20 month

Mixed Martial Arts

Tues 4-5pm

K-8th Wed 7-8pm

9th-Adult Wed 8-9pm

Jake Harris 609-4492

\$45 month

Water Aerobics

Mon-Wed-Fri 8-8:45am

\$20 month or \$3 per class

SPECIAL ACTIVITIES

FITNESS ROOM

Fees

Walk Ins	\$5.00 Daily
Individual	\$30.00 Per Month
Couples	\$45.00 Per Month
Family	\$60.00 Per Month
Senior	\$20.00 Per Month
Employees	(admission card - \$5.00)

Monthly fees are for Fitness Room ONLY

Annual Fee

Seniors	\$100.00
Senior Couple	\$150.00
Individual	\$200.00
Couple	\$250.00
Family (limit 4)	\$350.00
Additional	\$25.00



Annual Fees include entire Rec*Com

Ages:

18-Over

14-17 must be accompanied by an adult
13 and under not allowed

Hours of Operation

Mon – Thur 5:30 am – 9 pm

Fri – 5:30 am – 6 pm

Sat – 10 am – 6 pm

Sun – 1 pm – 5 pm

Dress Code Fitness Room

Proper attire must be worn at all times

- Shoes: Tennis shoes only; no work shoes, work boots, sandals, flip flops, or any open toed shoes are allowed in fitness room
- Shirts must be worn at all times
- No underwear shirts of any kind allowed
- No work clothes or street clothes
- No cut offs or blue jeans
- No swimsuits

It is recommended that everyone bring his or her own towel to wipe off equipment after use

FEBRUARY POOL HOURS

Monday

7:30-12:00pm Lap Swim

8:00-8:45 am Water Aerobics

9:00-12:00pm Open Swim

4:30-6:30 pm SSA Swim Practice

6:00-7:30 pm Open Swim

Tuesday

7:30-12:00pm Open Swim/Lap Swim

8:00-9:30am Friends Water Workout

4:30-6:30 pm SSA Swim Practice

6:00-7:30 pm Open Swim

Wednesday

7:30-12:00pm Lap Swim

8:00-8:45 am Water Aerobics

9:00-12:00pm Open Swim

4:30-6:30 pm SSA Swim Practice

6:00-7:30 pm Open Swim

Thursday

7:30-12:00pm Open Swim/Lap Swim

8:00-9:30am Friends Water Workout

4:30-6:30 pm SSA Swim Practice

6:00-7:30 pm Open Swim

Friday

7:30-12:00pm Lap Swim

8:00-8:45 am Water Aerobics

9:00-12:00pm Open Swim

4:00-5:30 pm SSA Swim Practice

Saturday

10:00-1:00pm Open Swim

(if party is not scheduled)

1:00-5:30 pm Open Swim

Sunday

1:00-4:30 pm Open Swim

Pool Parties can be scheduled for Sat 10:30am -12:00 pm or 6-8 pm. The starting cost is \$50 per hour. If you are interested in scheduling a pool party, please come to the front desk Mon-Fri 7:30-3:30 to fill out paperwork and pay. Payment in full is expected for reservations.

