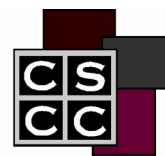


Central Square Community Center Adult Fitness Class Schedule December 2019



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner / Intermediate							
Absolute Abs		6:30-7:30 pm					
Aqua Interval	11:00-12:00 pm			6:00-7:00 pm			8:15-9:15 am
Beginner Kettlebell							7:30-8:30 am
Pilates			5:30-6:30 pm				
Strength-Stretch-Release					6:30-7:30 pm		
Total Body Conditioning			5:15-6:15 am		5:15-6:15 am		
Yoga Fitness				5:30-6:30 pm	8:30-9:30 am		8:30-9:30 am
Intermediate / Advanced							
Cardio Kickboxing			6:30-7:30 pm				
Cardio & Strength Circuit				4:30-5:30 pm		5:30-6:30 pm	
HIIT Boot Camp		5:30-6:30 pm		6:30-7:30 pm			
Kettlebell	10:00-11:00am						
Kettlebell TRX® Fusion Beginner		4:30-5:30 pm	8:30-9:30 am				
Kettlebell TRX® Fusion				6:30-7:30 pm			
R.I.P.P.E.D.®					5:30-6:30 pm		9:30-10:30 am

Thanksgiving Day MASH^{UP} 8-9:15am R.I.P.P.E.D.® / TURBO KICK ® \$8 members \$12 non members

★ *Class change - No Regular Classes Wednesday December 2nd Christmas Day*

VIP PASS CSCC Members take unlimited adult fitness classes for one month \$60.00

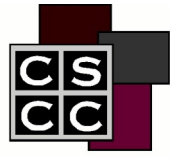


Sign up for 3 or more classes and receive a \$4 discount on each additional class you sign up for. Register early - space is limited.

Adult Fitness Class Fees per Month: Member \$18.00, Non Member \$26.00

Adult Fitness Class Drop In Fee per Class: Member \$6.00, Non Member \$9.00

Central Square Community Center Senior Adult Fitness Class Schedule November 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
Water Classes					
Senior Aqua Interval	*10:30 AM		*10:30 AM		10:30 AM
Fitness Classes					
Senior Pilates	9:30 AM				
Senior Yoga			9:30 AM		
Silver and Fit® Experience					9:30 AM
Silver Sneakers® Classic		9:35 AM		9:35 AM	

★ *Class change - No Regular Classes Wednesday December 25th Christmas Day*

Senior Fitness classes are designed for people ages 55 and older. Classes are customized to improve balance, flexibility and strength, sign up or drop in today.

Many of your senior classes are included with your Silver & Fit® and Silver Sneakers® memberships.

Senior Fitness Class Fees per Month: One day per week: Member \$10.00, Non Member \$12.00

**Two days per week: Member \$16.00, Non Member \$18.00*

Senior Fitness Class Drop In Fees per Class: Member \$3.50, Non Member \$4.00