

Land & Water Exercise Classes

Symons 
RECREATION COMPLEX
 608-647-8522 info@symonsrec.com

Cost
Members: FREE
Non-Members: \$12.00 per class

New participants may join any class at any time.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday
Sunrise Squad Outdoor Fitness		5:30AM		5:30AM	
Circuit Breaker	6:00AM		6:00AM		
Strong Start	7:00AM		7:00AM		7:00AM
Yoga Stretch & Balance				8:00AM	
Senior Sea Water Exercise	8:00AM		8:00AM		8:00AM
Easy on the Joints Water Exercise	9:00AM		9:00AM		9:00AM
Tai Chi		9:00AM		9:00AM	
Dance Fitness & Toning	9:30AM		9:30AM		9:30AM
Chair Yoga		10:30AM		10:30AM	
SilverSneakers Classic	10:30AM				
Silver&Fit Explore			10:30AM		10:30AM
Core & More			11:30AM		
Senior Sea Water Exercise	1:00PM		1:00PM		
Hydroworks Water Exercise	5:30PM		5:30PM		
PYO Stretch		4:30PM			
Cardio Step & Core	5:30PM				
Power Pulse		5:30PM			
High Intensity Functional Training			5:30PM		
Power Hour				5:30PM	

Today is Gym Day!

