



# Exercise Class Schedule

			<b>Location</b>	<b>Instructor</b>
<b>Monday</b> Pilates Chiseled	<b>June 3, 10, 17, 24; July 1, 8, 15, 22, 29; Aug 5</b>	7:00-7:50 pm	Activity Code: EX400.405	E. W. Luther Gym Jamie
		6:15-7:05 pm	Activity Code: EX400.406	MS Multi Purpose Rm Sarah
<b>Monday</b> Gentle Yoga	<b>June 3, 10, 17, 24; July 1, 8, 15, 22, 29; Aug 12</b>	6:00-6:50 pm	Activity Code: EX400.403	E. W. Luther Gym Marie
<b>Monday</b> Zumba	<b>June 10, 17, 24; July 1, 8, 15, 22, 29; Aug 5, 12</b>	6:00-6:50 pm	Activity Code: EX400.407	Blakewood Gym Amy
<b>Tuesday</b> Jazzercise	<b>June 4, 11, 18, 25; July 2, 9, 16, 23, 30; Aug 6</b>	5:00-5:55 pm	Activity Code: EX400.424	Oak Creek Jazzercise TBD
<b>Wednesday</b> <b>NEW!</b> Mat Pilates Bar-less Barre Water Aerobics	<b>June 5, 12, 19, 26; July 3, 10, 17, 24, 31; Aug 7</b>	9:00-9:50 am	Activity Code: EX400.433	Fitness Center Room Amanda
		6:00-6:50 pm	Activity Code: EX400.420	E.W. Luther Gym Jamie
		7:30-8:20 pm	Activity Code: EX400.413	Middle School Pool Sue
<b>Thursdays</b> Jazzercise Vinyasa Yoga Zumba	<b>June 6, 13, 20, 27; July 11, 18, 25; Aug 1, 8, 15</b>	5:00-5:55 pm	Activity Code: EX400.444	Oak Creek Jazzercise TBD
		6:00-6:50 pm	Activity Code: EX400.411	Blakewood Gym Marie
		6:00-6:50 pm	Activity Code: EX400.407	E.W. Luther Gym Nancy
<b>Saturdays</b> <b>NEW</b> Karate for Self Defense Adults 45+	<b>June 15, 22, 29, July 13, 20, 27, Aug 3, 10</b>			
			<i>See all information on page 23</i>	

\*Class schedule is subject to change\*

## REGISTRATION OPENS MONDAY, May 6, 2024

**ATTENTION:** Please refer to the locations above and the Door # below that correspond with each class.

### FEE INFORMATION

Fitness Center Member	Resident Rates
Land Exercise Class:	\$40R/\$50NR
Jazzercise Class:	\$40R/\$50NR
Water Aerobics Class:	\$48R/\$58NR

### Location Information

Middle School Pool & MPR
E. W. Luther School Gym
Blakewood School Gym
Fitness Center Classroom #1125
Oak Creek Jazzercise

### Door To Enter

Enter Door #34
Enter Door #5
Enter Door #9
Enter Door #24
9543 S Chicago Rd.

**Register Early & Tell a Friend:** Classes will only run if there are at least 8 registered participants 3 business days prior to start date.

For additional information please call us at 414-766-5081, 5083, or visit our webpages at [www.smrecdept.org](http://www.smrecdept.org)

**IMPORTANT FITNESS INFORMATION** Before you start any exercise program you should consult with your physician especially if you are over 35 years of age and are taking any form of medication or have not exercised regularly, or if you have had any symptoms of heart disease or other serious illness that might affect your ability to exercise.

### YOU SNOOZE YOU LOSE

Nothing kills a program quicker than waiting until the last minute to register for it! If there are not enough registrants four days prior to the start of a program, it will be canceled.

