

Exercise Classes

Monday	June 2, 9, 16, 23, 30; July 7, 14, 21, 28; Aug 4	Location	Instructor
Gentle Yoga	6:00-6:50 pm Activity Code: EX400.403	E. W. Luther Gym	Marie
Pilates	7:00-7:50 pm Activity Code: EX400.405	E. W. Luther Gym	Jamie
Zumba	6:00-6:50 pm Activity Code: EX400.407	Blakewood Gym	Amy
Tuesday	June 3, 10, 17, 24; July 1, 8, 15, 22, 29; Aug 5	Location	Instructor
Jazzercise	5:00-5:55 pm Activity Code: EX400.424	Oak Creek Jazzercise	TBD
Quick Fire	6:15-7:05 pm Activity Code: EX400.420	MS Multi Purpose Rm	Sarah
Wednesday	June 4, 11, 18, 25; July 2, 9, 16, 23, 30; Aug 6	Location	Instructor
Vinyasa Flow Yoga	4:15-5:05 pm Activity Code: EX400.433	Fitness Center Room	Maggie
Bar-less Barre	6:00-6:50 pm Activity Code: EX400.420	E.W. Luther Gym	Jamie
Rock 'n Roll	Jun 4, 11, 18, 25; Jul 2, 9 - pool is unavailable July 14 - Aug 12		
Water Aerobics 7	7:30-8:20 pm Activity Code: EX400.413	Middle School Pool	Sue
Thursdays	June 5, 12, 19, 26; July 3, 10, 17, 24, 31; Aug 7	Location	Instructor
Jazzercise	5:00-5:55 pm Activity Code: EX400.444	Oak Creek Jazzercise	TBD
Chiseled	6:15-7:05 pm Activity Code: EX400.430	MS Multi Purpose Rm	Sarah
NEW Saturdays	June 21, 28; July 12, 19, 26, Aug 2, 9, 16	Location	
Karate for Self Defense	10:30-11:30 am Activity Code: EX400.422	Franklin High School MPR	
<i>See page 23 for details</i>		enter main office doors	

Class schedule is subject to change

REGISTRATION OPENS WEDNESDAY, May 5, 2025

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:	\$28R/\$38NR

Location Information

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

Door To Enter

Enter Door #47
Enter Door #49
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

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.

