

SUMMER FITNESS SCHEDULE

KEEP MOVING



TUESDAY

JULY 7 - AUGUST 25

PILATES - 6-6:45PM - ALLISON

\$73.00/session

WEDNESDAY

JULY 8 - SEPTEMBER 2

(NO 08/05 OR 08/12)

15 MIN. HIIT - 8:10-8:25AM - MAGGIE

CARDIO STRENGTH - 8:30-9:15AM - MAGGIE

\$33.00/session & \$64.50/session

THURSDAY

JULY 9 - AUGUST 27

CORE STRENGTH - 6-6:45PM - ROB

\$73.00/session

Register at www.EastWindsorRec.com