

FALL FITNESS SCHEDULE

KEEP MOVING



Register at www.EastWindsorRec.com

TUESDAY

SEPTEMBER 15 - DECEMBER 8

PILATES - 6-6:45PM - ROB

\$113.00/session

WEDNESDAY

SEPTEMBER 16 - DECEMBER 16

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

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

\$59.00/session & \$122.00/session

THURSDAY

SEPTEMBER 17 - DECEMBER 10

(NO 11/26)

CORE STRENGTH - 6-6:45PM - ROB

\$105.00/session