

## Summer 2025 Drop-in Fitness Schedule

### Wednesday, August 20

STAR	4:30-5:15 pm	Cooper	Terrie
Step, Abs, & Arms	5:30-6:30 pm	PRRC	Julie

### Thursday, August 21

Cardio Dance & Sculpt	8:30-9:30 am	PRRC	Lynne
Yoga at the Beach	8:30-9:30 am	King Park Beach	Monica
Body Recharge	9:45-10:30 am	PRRC	Lynne
Step & More	4:30-5:15pm	Cooper	Terrie

### Friday, August 22

One More Step	7:30-8:15 am	PRRC	Julie
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### Monday, August 25

Dance Combo	4:20-5:20 pm	PRRC	Sandy
STAR	4:30-5:15 pm	Cooper	Terrie
Step, Abs, & Arms	5:30-6:30 pm	PRRC	Julie

### Tuesday, August 26

Yoga at the Beach	8:30-9:30 am	King Park Beach	Monica
Step & More	4:30-5: 15 pm	Cooper	Terrie
Pound	5:30-6:30 pm	PRRC	Gina

### Wednesday, August 27

STAR	4:30-5: 15 pm	Cooper	Terrie
Step, Abs, & Arms	5:30-6:30 pm	PRRC	Julie

### Thursday, August 28

Yoga at the Beach	8:30-9:30 am	King Park Beach	Monica
Step & More	4:30-5:15 pm	Cooper	Terrie

### Friday, August 29

One More Step	7:30-8:15 am	PRRC	Julie
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### Payment options:

\*If you have classes from the summer session to make up, you can use those

\*Bring school supplies to donate to local students

\*Pay cash:

30/45 min class \$3.00 (Senior 60+ \$2.00)

60 min class \$4.00 (Senior 60+ \$3.00)