

FREE DEMO WEEK

All Classes FREE Sept. 10th - 15th



Fitness Classes	Days	Time	Location
Early Bird Conditioning	M/W/F	5:30 - 6:30 a.m.	Aerobics Room
Fit Over Fifty	M/W/F	8:00 - 8:30 a.m. 9:30 - 10:00 a.m.	Aerobics Room
Gentle Yoga	M/W/F	8:45 - 9:15 a.m.	Aerobics Room
Silver Sneakers Classic	T/TH	9:00 - 9:45 a.m.	Aerobics Room
Noon Bodyshaping	T/TH	12:15 - 12:45 p.m.	Aerobics Room
Body Pump	T/TH	5:15 - 6:00 p.m.	Aerobics Room
Country Heat	M/W	5:45 - 6:00 p.m.	Aerobics Room
Core De Force	T/TH	6:15 - 7:15 p.m.	Aerobics Room
Zumba	M/W	7:00 - 8:00 p.m.	Aerobics Room

Indoor Cycling	Days	Time	Location
Rise and Ride	T/TH	5:30 - 6:30 a.m.	WRC Community Room
Spin to Win	M/TH	5:15 - 6:00 p.m.	WRC Community Room
Just Spin	W	5:15 - 6:00 p.m.	WRC Community Room
Spin It & H.I.I.T. It	T/Th	6:15 - 7:15 p.m.	WRC Community Room

No registration necessary, just come to the WRC the day and time of the class that you want to try out!

Adult Aquatics @ SC Indoor Pool	Days	Time
Silver Sneakers Splash	T/TH	11:00 - 11:45 a.m.
Take it to the Deep	T/TH	6:00 - 6:25 p.m.
	Sat.	8:00 - 8:25 a.m.
Aqua Strength & Strech	T/TH	6:30 - 6:55 p.m.
	Sat.	8:30 - 8:55 a.m.



* For any questions regarding the FREE Demo Week please call or visit the WRC * 620-221-2160 * 624 College, Winfield, KS 67156