










# Green River Recreation Center Class Schedule

Effective: June 8-July 5, 2020

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>5:15AM</b>	Pump N' Flex	Group Cycling		Group Cycling			
<b>8:00AM</b>	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Deep Water Aerobics			
<b>9:00AM</b>	Yoga		Yoga		Pump N' Flex		
<b>6:00PM</b>		Group Cycling		Pump N' Flex	 This class will be cancelled July 3 for the holiday weekend.		

The Green River Recreation Center will be closed Saturday, July 4 for the Holiday.  
 Classes are 45 minutes in duration to give Instructors time to clean equipment afterwards.  
 Classes are limited to 8 participants. Sign up at the front desk no more than 30 minutes before start time.  
 Please bring your own yoga mat, if you have one. You will be asked to clean it, on site, before class.  
 This schedule will change as health restrictions loosen and demand grows.  
 Please contact Sherry at 872-0517 with questions or comments.