

Monday	Tuesday	Wednesday	Thursday	Friday
Office Hours 9 AM - 8 PM Senior Exercise 9:00 AM \$1/person REFIT! Cardio 9:00 AM \$8 non-resident, \$7 resident/class Cancelled 11/7 Tot Lot Open Gym 10:00 - 11:00 AM \$1/child Walking /Adult Open Gym 12:00 - 2:00 PM \$1/person *Adults only/No strollers Meditation 1:00 PM \$8 non-resident, \$7 resident/class After School Open Gym 5th - 12th graders 2:30 - 4:30 PM \$1/participant Drop-in Pickle Ball Ages 16 & up 7:00 - 9:00 PM \$4 non-resident, \$3 city resident/person Drop-in Ping Pong Ages 16 & up 7:00 - 9:00 PM \$4 non-resident, \$3 city resident/person Beginning 11/14 Yoga with Karen Basile 7:00 PM \$8 non-resident, \$7 resident/class Cancelled 11/7	Office Hours 9 AM - 8 PM Yoga with Karen Basile 9:00 AM \$8 non-resident, \$7 resident/class Cancelled 11/8 Walking /Adult Open Gym 12:00 - 2:00 PM \$1/person *Adults only/No strollers After School Open Gym 5th - 12th graders 2:30 - 4:30 PM \$1/participant Tai Chi 7:00 PM \$8 non-resident, \$7 resident/class Cardio Drumming 7:00 PM \$8 non-resident, \$7 resident/class Adult Drop-in Basketball 8:00 - 10:00 PM \$6 non-resident, \$5 city resident/person All programs cancelled on 11/8 due to the recreation center being a polling location for elections.	Office Hours 9 AM - 5PM Senior Exercise 9:00 AM \$1/person Class cancelled 11/9 Zumba 9:00 AM \$8 non-resident, \$7 resident/class Cancelled 11/23 Drop-in Pickle Ball Ages 16 & up 10:00 - 12:00 PM \$4 non-resident, \$3 city resident/person Walking /Adult Open Gym 12:00 - 2:00 PM \$1/person *Adults only/No strollers After School Open Gym 5th - 12th graders 2:30 - 4:30 PM \$1/participant Drop-in Soccer Ages 16 & up 7:00 - 9:00 PM \$6 non-resident, \$5 city resident/person Beginning 11/16	Office Hours 9 AM - 8 PM REFIT! Cardio 9:00 AM \$8 non-resident, \$7 resident/class Walking/Adult Open Gym 12:00 - 2:00 PM \$1/person *Adults only/No strollers After School Open Gym 5th - 12th graders 2:30 - 4:30 PM \$1/participant Cardio Drumming 7:00 PM \$8 non-resident, \$7 resident/class Last class 11/10 FitMix w/ Bart Bradley 7:00 PM \$8 non-resident, \$7 resident/class Last class 11/17 Adult Drop-in Basketball 8:00 - 10:00 PM \$6 non-resident, \$5 city resident/person We are closed 11/24 for Thanksgiving.	We are closed on Fridays Saturdays Beginning November 12: PIYO with Karen Basile 8:00 AM \$8 non-resident, \$7 resident/class Cancelled 11/19 Cardio Drumming 8:30 AM \$8 non-resident, \$7 resident/class REFIT! Cardio 9:00 AM \$8 non-resident, \$7 resident/class Cancelled 11/19 We will have classes on 11/26 Sunday We are closed on Sundays Be on the look-out for Sunday programs beginning in January.

Class Prices

Adult Fitness classes are drop-in for \$8 non-residents, \$7 city residents/class or you may purchase a punch card: **11 visits for \$60 non-resident, \$50 city residents.** These classes include Yoga, Cardio Drumming, Zumba, Bootcamp, Meditation, Tai Chi, and REFIT! Cardio.

For Cardio Drumming you will need a bucket, exercise ball, and drum sticks.

Yoga requires you to bring a yoga mat.

Drop-in Pickle Ball and Ping Pong is \$4 non-resident, \$3 city resident/drop-in or you may purchase a punch card: **11 visits for \$30 non-resident, \$20 city resident.**

This drop in time is for ages 16 & up.

Adult Drop-in Basketball and Volleyball is \$6 non-resident, \$5 city resident/drop-in or you may purchase a punch card:

11 visits for \$40 non-residents, \$30 city residents. Basketball drop in time is for adults 18 & over.

Walking is \$1/person. No strollers are permitted and is for adults only.

Tot Lot is \$1/child or you may purchase a punch card 11 visits for \$20.

A parent or guardian must accompany their child for the duration of Tot Lot.

After School Open Gym for 5th—12th graders is \$1/participant Monday through Thursday from 2:30 - 4:30 PM. The participants must have arrangements to leave the AJ Smith Recreation Center at 4:30 PM, whether they will be picked up or walking. This gives the department time to clean and be ready for evening activities. Children under 10 years old must be accompanied by an adult.

Parks & Recreation also offers youth sports that practice in the gymnasiums in the evenings. Please ask a Parks & Recreation employee for more information about these programs or call us at 517-423-5602 to learn more.

Clean soft soled shoes must be worn in the gyms.