

# Class Schedule

## AQUA AEROBICS-

- + MONDAY—
  - 9AM-10AM
  - 5:30PM-6:30PM
- + TUESDAY—
  - 9AM-10AM
- + WEDNESDAY—
  - 9AM-10AM
  - 5:30PM-6:30PM
- + THURSDAY—
  - 5:30PM-6:30PM
- + FRIDAY—
  - 9AM-10AM

## TRIYOGA BASICS-

- + MONDAY—
  - 8:30AM-9:30AM
- + WEDNESDAY—
  - 8:30AM-9:30AM
- + FRIDAY—
  - 8:30AM-9:30AM

## ZUMBA-

- + TUESDAY—
  - 5:30PM-6:30PM

## ADVANCED STEP-

- + THURSDAY—
  - 5PM-6PM

## CIRCUIT TRAINING & CARDIO-

- + MONDAY—
  - 5PM-6PM
- + TUESDAY—
  - 5PM-6PM
- + WEDNESDAY—
  - 5PM-6PM

## TIA CHI

- + TUESDAY—
  - 9AM-10AM
- + THURSDAY—
  - 9AM-10AM

COME JOIN A CLASS, NOT A MEMBER NO PROBLEM TRY A CLASS FOR \$5.00 OR

PURCHASE A CLASS CARD 5 CLASSES \$20, 10 CLASSES \$35.

CLASSES ARE SUBJECT TO CHANGE AT ANY TIME

161 E. Lincoln Ave (530)938-4685

[www.weedrec.org](http://www.weedrec.org)

<https://www.facebook.com/WeedRecreationandParksDistrict/>

<https://wrpd.recdesk.com/Community/Home>

Business Hours Mon-Thurs

- 8:30am-5:30pm

Fri

- 8:30am-5pm Sat & Sun Closed

-----FULL GYM ACCESS----- 24/7 ACCESS TO GYM

EXTRA FEE