

WEED COMMUNITY GYM & FITNESS CENTER

CLASS SCHEDULE

AQUA AEROBICS-

- **MONDAY-**
 - 9AM-10AM
 - 4:15PM-5:15PM
 - 5:30PM-6:30PM
- **TUESDAY-**
 - 9:30AM-10:30AM
 - 5:30PM-6:30PM
- **WEDNESDAY-**
 - 9AM-10AM
 - 4:15PM-5:15PM
 - 5:30PM-6:30PM
- **THURSDAY-**
 - 9:30AM-10:30AM
 - 5:30PM-6:30PM
- **FRIDAY-**
 - 8AM-9AM
 - 9AM-10AM

SOUL FUSION-

- **MONDAY-**
 - 10:30AM-11:30AM

RESTORATIVE YOGA-

- **MONDAY**
 - 8:30AM-9:30AM
- **WEDNESDAY-**
 - 8:30AM-9:30AM
- **FRIDAY-**
 - 8:30AM-9:30AM

ZUMBA-

- **TUESDAY-**
 - 4PM-5PM

ADVANCED STEP-

- **TUESDAY-**
 - 5PM-6PM
- **THURSDAY-**
 - 5PM-6PM

CIRCUIT TRAINING & CARDIO-

- **MONDAY**
 - 5PM-6PM
- **WEDNESDAY-**
 - 5PM-6PM

FULL BODY STRENGTH and YOGA FLOW-

- **TUESDAY-**
 - 2:45PM-3:45PM

COME JOIN A CLASS, NON-MEMBER DROP-IN FEE TO TRY A CLASS IS \$5.00

ROOM RENTALS & POOL PARTIES MAY CHANGE A SCHEDULE AT ANY TIME

161 E. Lincoln Ave
(530)938-4685

www.weedrec.org

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

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

Mon-Thurs

- 8:30am-5:30pm

Fri

- 8:30am-5pm

Sat & Sun Closed

CLASSES ARE SUBJECT TO CHANGE AT ANY TIME

-----FULL GYM ACCESS-----

24/7 ACCESS TO GYM EXTRA FEE