

# 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

### STRENGTH AND BALANCE-

- **WEDNESDAY-**
  - 9:30AM-10:30AM
- **FRIDAY-**
  - 9:30AM-10:30AM

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](http://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