

**UNLESS OTHERWISE NOTED CLASSES HELD AT THE
FREDENBERG COMMUNITY CENTER
CHECK OUR FACEBOOK PAGE**

For more info call Anita at 729-0450

PAY AT THE DOOR AT RESERVOIR RIDERS

Yoga Instructor: Anita Anderson \$5 per class.

Wednesdays - 6:00 – 7:00 pm

Instructor: Sandy Rock

for all classes listed below: \$4/class

Monday YOGA 8:15 am (Sandy C., \$5 /class)

Monday

Cardio/Toning/Core 7:00 am

Tuesday

Cardio/Toning/Core 5:30 pm

Wednesday

30/30 Cardio & Core 7:00am

Wednesday & Friday

Toning/Core (no cardio) 8:10 am

Thursday YOGA 8:15am (Sandy C., \$5/class)

Friday

Step/Toning/Core 7:00 am

Toning/Core (no cardio) 8:10 am

Saturday

Cardio/Toning/Core 8:00 am