

2017 FITNESS CLASS SCHEDULE

Full Body Fitness w/ Cathy*

JANUARY 3-APRIL 29 2017*

Passes can be purchased at the Rec. Dept.

Drop in rate: \$7 (NR: \$8)

Tuesdays, 6:30pm-7:30pm @ Bay Lodge (492 Bradley Rd.)

Saturdays, 8:30am-9:30am @ Bay Lodge

TIMES/LOCATIONS SUBJECT TO CHANGE!

Feeling Fit with Gay Borchert

MONDAY/WEDNESDAY/FRIDAY

9:00am-10:00am

Passes can be purchase at Rec. Dept.

Drop in rate: \$7(NR: \$8)

@ Community Gym (west entrance of Bay Middle School)

*March 29 @ Police Station Comm. Room

*TIMES/LOCATIONS SUBJECT TO CHANGE!

If gym is closed for holidays, etc. class may be canceled or relocated per instructor

THURSDAY Adult Yoga with Tolisa

Thursdays, 7pm-815pm;

Session 3:

Jan. 5 @ Police Station Comm. Room

Jan. 12, 19, 26 @ Bay Lodge (492 Bradley Rd.)

Feb. 4 (in lieu of Feb. 2) 9:45am-11am @ Police Station Comm. Room

Feb. 9 @ Bay Lodge

Session 4:

Feb. 16 @ Bay Lodge

Feb. 23 @ Bay Lodge

March 2 @ Comm. House (303 Cahoon Rd.)

March 9 @ Comm. House

March 16 @ Comm. House

March 23 @ Comm. House

Session 5:

March 30, April 6, 13, 20, 27, May 4 @ Comm. House

Session 6:

May 11 @ Comm. House

May 18 @ Bay Lodge

May 25 @ Comm. House

June 1 @ Comm. House

June 8 @ Comm. House

June 15 @ Comm. House

SATURDAY Adult Yoga with Tolisa

Saturdays, 9:45am-11:00am @ Police Station Comm. Room (28000 Wolf Rd.)

Session 3:

Jan. 7, 14, 21, 28, Feb. 4, 11

Session 4:

Feb. 18, 25, March 4, 11, 18, 25

Session 5:

April 1, 8, 15, 22, 29, May 6

Session 6:

May 13, 20, 27, June 3, 10, 17

Piyo Live Fitness with Brandy

(Pilates + Yoga+High/Low impact workout)

6 week sessions are offered

Drop in rate: \$10 (NR: \$11)

Tuesdays, 9:00am-10:00am

Saturdays, 7:30am-8:30am

@ Community Gym (west entrance doors of Bay Middle School)

TIMES/LOCATIONS SUBJECT TO CHANGE!

How to register for these programs...

1. Online: www.cityofbayvillage.com

Click on Parks & Recreation

Click on Register for Programs

2. Stop at the Rec. Dept.; Monday-Friday 8:30am-4:30pm

3. Phone: 440-871-6755

Contact us with any questions!

440-871-6755

Email: bayrecoffice@cityofbayvillage.com