

Parks and Recreation Department

Fitness Times & Dates



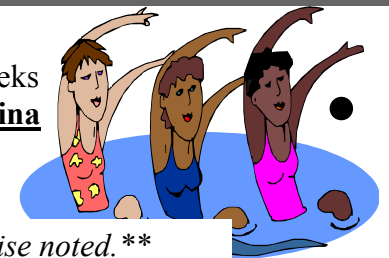
: Times :	Monday	Tuesday	Wednesday	Thursday	Friday
fitness@cityofdouglas.com					CALL: 912-383-7332
9:00 - 9:45 am	Beginner Fitness		Beginner Fitness	Beginner Fitness	 Fun for Seniors
10:00 - 10:45am		Chair Exercise		Chair Exercise	
1:15 - 2:15 pm		Water Fitness		Water Fitness	 Chair Exercise
5:30- 6:30 pm	Water Fitness		Water Fitness		
6:30 -7:30 pm	Boot Camp	Boot Camp		 Boot Camp	

Chair Exercise w/Gina:
\$12 two times a week for 4 weeks.

Water Aerobics Mornings w/Gina:
\$75 two times a week for 8 weeks.

Beginner Fitness :\$15 three times a week. For a month.

Boot Camp w/ Anthony:
\$65 two time a week for 8 weeks
Summer Water Fitness W/ Gina
\$55 for 2 day for 7 weeks



****All Classes are held in the Fitness Studio 200-E S Madison & are 4 week sessions unless otherwise noted.****