

Tallmadge Rec Center September Schedule



THE CITY OF
TALLMADGE
PARKS & RECREATION

MONDAY

8am-9am
Step & Strength w/Patty
Rm1

9am-9:45am
Cycling w/George

9am-10am
Stretch Fusion w/Margo
Rm2

9:15am-10:15am
Sculpting w/Lisa
Rm1

10:15am-11am
Drum Fitness w/Margo
Rm2

11:15am-12pm
SS Classic w/Skip
Ct4

6pm-7pm
Step Interval w/Judy
Rm1

6:30pm-7:45pm
Yoga w/Joan
Community Center

TUESDAY

5:15am-6am
Cycling w/June

8am-9am
Form & Function w/Patty
Rm2

9am-9:45am
SS Classic w/Skip
Ct4

9am-10am
Tai Chi w/Dan
Ct1

9:15am-10:15am
Latin Dance w/Lisa
Rm1

10am-10:45am
SS YogaStretch w/Skip
Ct4

10am-10:45am
Better Back w/Margo
Rm2

6pm-7pm
Shock Attack w/Margo
Rm2

WEDNESDAY

8am-9am
Step & Strength w/Patty
Rm1

9am-9:45am
Cycling w/George

9am-10am
Stretch Fusion w/Margo
Rm2

10am-11:15am
Yoga Basic w/Skip
Rm1

10:15am-11am
Senior Fitness w/Margo
Ct4

6pm-7pm
CardioFusion w/Margo
Rm2

6:30pm-7:45pm
Yoga w/Joan
Community Center

THURSDAY

5:15am-6am
Cycling w/June

8am-9am
Form & Function w/Patty
Rm2

9am-9:45am
SS Classic w/Skip
Ct4

9am-10am
Tai Chi w/Dan
Ct1

9:15am-10:15am
Sculpting w/Lisa
Rm1

11am-11:45am
SS YogaStretch w/Skip
Ct4

6pm-7pm
Shock Attack w/Margo
Rm2

FRIDAY

8am-9am
Step & Strength w/Patty
Rm1

9am-10am
Stretch Fusion w/Margo
Rm2

9:30am-10am
Better Balance w/Skip
Ct4

10:15am-11am
SS YogaStretch w/Skip
Ct4

10:15am-11am
Cycling w/Margo

11:15am-12:30pm
Yoga w/Joan
Rm1

SATURDAY

9am DanceFit
coming
October 2nd!!