

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Dance Fitness with Nicole Newburgh Town Office 6:00pm-7:15pm (WELL)	9	10 Yoga (Rec Program) 9:30am-10:45am Skehan Rec Center Dance Fitness with Nicole Newburgh Town Office 6:00pm-7:15pm (WELL) PiYo HA Multipurpose Room 6:00pm-7:00pm (WELL)	11	12
13 Zumba HA Multipurpose Room 8:00am-9:00am (WELL)	14 Zumba HA Multipurpose Room 6:00pm-7:00pm (WELL)	15 Dance Fitness with Nicole Newburgh Town Office 6:00pm-7:15pm (WELL)	16	17 Yoga (Rec Program) 9:30am-10:45am Skehan Rec Center Dance Fitness with Nicole Newburgh Town Office 6:00pm-7:15pm (WELL) PiYo HA Multipurpose Room 6:00pm-7:00pm (WELL)	18	19
20 Zumba HA Multipurpose Room 8:00am-9:00am (WELL)	21 Zumba HA Multipurpose Room 6:00pm-7:00pm (WELL)	22 Dance Fitness with Nicole Newburgh Town Office 6:00pm-7:15pm (WELL)	23	24 Yoga (Rec Program) 9:30am-10:45am Skehan Rec Center Dance Fitness with Nicole Newburgh Town Office 6:00pm-7:15pm (WELL) PiYo HA Multipurpose Room 6:00pm-7:00pm (WELL)	25	26
27 Zumba HA Multipurpose Room 8:00am-9:00am (WELL)	28 Zumba HA Multipurpose Room 6:00pm-7:00pm (WELL)	29	30			

Fees

Adult Ed AE
Call Adult Ed for pricing and to register.
862-6422

Wellness WELL
M, Th Hampden Zumba Walk In \$2/class

Newburgh Zumba Nine Week Session \$35 for one day/week \$60 for two day/week \$5 Walk in.

Yoga Walk In \$2/class

Charity Classes CHA
Join anytime. Walk In \$1/class

ATA
Join anytime. Walk In \$3/class
Hampden Cong Church

Student Classes
STU

Fitness Classes

RSU #22 and Adult Education are happy to be able to offer you these exciting exercise classes. Most classes are 60 minutes and are appropriate for all fitness levels. Whether a beginner or skilled athlete, you can complete each workout at your own pace. Classes are offered for a small fee. Classes are subject to cancellation based on instructor availability. Class location may change depending on available space. All fitness classes are cancelled when RSU #22 schools cancel day programming due to hazardous weather. Prepaid classes will be rescheduled.

Safety Guidelines

Participants assume all risks of injury that may occur while participating in any fitness class offered at RSU #22. Please notify your doctor before beginning a fitness program.