

Symons Recreation Complex Activity Schedule

Classes taught by SRC staff are FREE to members!

Class	Mon	Tues	Wed	Thur	Fri
Water Aerobics & SilverSneaker Classes (40 minute classes) <i>Classes run in personalized 5 week sessions.</i> 15 classes (3 times wk/5 weeks) FREE for SRC members, \$35.00 non-members 10 classes (2 times wk/5 weeks) FREE for SRC members, \$30.00 non-members Drop in rates: FREE per class for SRC members \$4.00 per class non-members					
Senior Sea (Water) - For non-swimmers. Stresses flexibility exercises & a full body workout for older adults. 40 minutes	8:00am; 1:00pm		8:00am; 1:00pm		8:00am; 1:00pm
Easy on the Joints (Water) – Planned for the non-swimmer. Keep/ increase joint mobility and improve range of motion for those with joint ailments. 40 minutes	8:45am		8:45am		8:45am
Gentle Water Toning – Emphasis is on toning movements in the water. T-shirts and shorts are OK to wear. 40 minutes.		8:35 -- 9:15am		8:35- 9:15am	
SilverSneakers: Muscular Strength and Range of Movement: It can help improve overall strength, flexibility and balance. Class is held in seated position, using a chair. 45 min	10:30 AM	9:30am	10:30AM	9:30am	
Land Aerobics and Hydro works (1 hour classes) <i>Classes run in personalized 5-week sessions</i> Unlimited number of classes – FREE for SRC members, \$40 non-members. Drop in rates: FREE for SRC members; \$6 non-members					
Hydroworks (Water) – Non-swimmer. Uses water resistance to shape and tone. Saturday too! M, W, F, and Sat. One Hour.	9:30am (done at 10:20); 5:30pm		9:30am (done at 10:20); 5:30pm		9:30am & (SAT 8am)
Circuit Aerobics(Land) Cardio exercise class done in circuits			5:30pm		
Hip Hop Cardio Class – Low impact, dance cardio for all ages! No experience needed.	6:30PM				
Pilates Infusion – (Land) Breathing, stability, & shaping. Balance & tone by working core muscles. One Hour		5:30pm			
Wedge Class – Total Body Toning Land Class. (45 min)	4:15 PM	6:00AM 10:30AM Starting Feb. 16	4:15 PM	6:00AM 10:30AM Starting Feb. 18	
ZUMBA – Low impact, HIGH ENERGY dance class plus stretching and toning. Fun, fun, and fun! One Hour				5:30pm	SAT 8:30 AM
FREE Weight Room Demo: Certified exercise specialist Becky Glass teaches you how to use the cardio and weight equipment in the exercise room. Make appointment at front desk!		4-7pm by appoint- ment		4-7pm by appoint- ment	
Other Activities at Symons Recreation Complex!					
Free racquetball clinic: 2 nd Tuesday of each month. Learn the basics of racquetball in our monthly clinic. Pre-registration required.		7-8pm			
Racquetball League: It's fun and free. Sign up according to your skill level: Beginner, Intermediate or Advanced	Leagues begin: March 8, Sept. 27, Nov. 15				
Kids on Weights – Kids ages 12-14 can learn how to use the weight room. After completion of this class, kids can work out in the weight room with a parent on Fridays, Saturdays and Sundays. <i>Cost is \$15.00 (Parents must attend class with their child)</i>	4:30- 5:30PM Sundays	5 Week Sessions begin on: March 7, Oct. 3			
WOW – Women on Weights: This 5 week program helps women to become comfortable & familiar with Circuit Weights at SRC. 5 Week course held on Sundays from 5:30-6:30PM <i>Cost: \$15 Members & \$20 for Non-Members</i> Register TODAY!	Sundays 5:30- 6:30PM	New Session Begins Feb 7th			
PERSONAL TRAINING – SRC Staff member Becky Glass is a certified personal fitness trainer with years of experience. If you would like one-on-one instruction, encouragement, and training, please make an appointment with her! 608-475-0603 \$25 per hour-long session with discounts for multiple package sessions.					
CPR, 1st Aid, and AED classes – Red Cross certification. Ask receptionist for schedule of classes. Fee based.					
Lifeguarding & WSI Classes Sign- up NOW! Call for more Information: 608-647-8522					