

R E C R E A T I O N C O M M I T T E E

YOGA with Kalliope Kalombratsos, Wednesdays 5:00 pm Saturdays 9:15am Town Hall

An all level Hatha Yoga class to meet student's needs, with an emphasis on proper alignment, Pranayama - breathing techniques deep relaxation and meditation. A dynamic, yet harmonious approach to cultivate strength, physical awareness and inner balance.

ZUMBA with Susan Krieger, Tuesday 6 pm Town Hall

A Latin inspired fitness program designed to get your heart rate up and put a smile on your face. Everyone can join the party. Designed for fun, not perfection. \$5

ZUMBA with Christine Rouleau, Sunday 8am Boiler Room Tully

Dance fitness performed to energetic music; hip hop, samba, salsa, mambo, Brazilian funk and country! \$5

BASKETBALL at the school gymnasium on Friday nights from 7-9

Open to all, could be just shooting some hoops or a game. At the request of the school to help protect the floor; Please bring water only, and a clean pair of indoor shoes to change into. Children must be supervised.

WALKING the school gymnasium is available to any one needing a dry warm space to walk.

Monday, Thursday and Fridays 10am -11:15

Please park in lower lot. (first on left) Press button at main entrance and office staff will open door.

To protect floor please bring clean walking shoes to change into, drinking water only.