



RIO VISTA REC. CENTER



Weekly Class Schedule

APRIL-MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUMP ROPE CLINIC 4-5pm (Aerobic Room)	CIRCUIT TRAINING	JAMMIN IN THE GYM	T.E.A.M. FIT	FRIDAY FUN @ THE WALL	REDBAND DODGE BALL
Take a Hike 5:30-6:30pm (Lakeview Room)	5:30-6:30pm (Gym)	5:30-6:30pm (Gym)	5:30-6:30pm (Gym)	5:00-6:30 pm <i>Prizes each Friday!</i>	3:00-4:00 pm (Gym)

Sponsored by

Dignity Health.
 St. Joseph's Hospital and Medical Center

Exercise classes for ages 8-12 years old included with a Rio Vista Pass.
2014 OTC orientation required for program
 Orientation offered every Tuesday @ 6:30 pm. Please register with the Rio Vista front desk or call 623-773-8600.