

FREE

GROUP FITNESS DEMOS

LAND

AQUA

SAT, JANUARY 17
GYM

8:00 am - Muscle in the Morning
 8:30 am - Piloxing®
 9:00 am - Hip Hop Hustle®
 9:30 am - TurboKick®
 10:00 am - Mixxedfit
 10:30 am - PiYo®

AEROBICS ROOM

10:00 am - Zumba Kids®
 10:30 am - Young Warriors

SAT, JANUARY 31
AEROBICS ROOM

8:00 am - Zumba®
 8:30 am - Core Centric
 9:00 am - R.I.P.P.E.D®
 9:30 am - Step
 10:00 am - Circuit Blast
 10:30 am - Vinyasa Flow

SAT, JANUARY 24

8:00 am - Cardio Wake Up with Cheryl
 8:30 am - Admirable Arms with Kathy
 9:00 am - Abs & Legs with Ashley
 9:30 am - Intervals with Judy
 10:00 am - Aqua Zumba® with Jackie

SEE PAGES 9 & 10
 FOR PROGRAM
 DESCRIPTIONS




WOODSTOCK

RECREATION CENTER

FITNESS BUCKS

Ways to Earn Bucks

- Participate in Rec Center Programs
- Work out on your birthday
- Watch signs at the Rec Center for Double Buck Days and Special Promotions to earn bucks
- Bring in your race bib



PRIZES • PRIZES • PRIZES

Rec Center Lip Balm	2 Fitness Bucks
Adult Guest Pass	5 Fitness Bucks
Water Bottle	10 Fitness Bucks
T-Shirts	20 Fitness Bucks
1 Month Dues	Value of your monthly dues (1 free month per year)

1. No Cash Value
2. Not responsible for lost or stolen bucks
3. Collect on day of promotion only
4. Bucks expire 12/31/15
5. Prizes subject to change
6. 1 Free month per year

