

Rec Center Fitness Calendar

JUNE 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
Kellie: PiYo / Turbo Kick Cindy: Circuit Training Crystal: Turbo Kick				1 530p: Crystal	2	3
4	5 9am: Kellie 430p: Kellie	6 9am: Kellie 530p: Cindy	7 430p: Kellie	8 530p: Crystal	9	10
11	12 9am: Kellie 430p: Kellie	13 9am: Kellie 530p: Cindy	14 430p: Kellie	15 530p: Crystal	16	17
18	19 9am: Kellie 430p: Kellie	20 9am: Kellie 530p: Crystal	21 430p: Kellie	22 530p: Cindy	23	24
25	26 9am: Kellie 430p: Kellie	27 9am: Kellie 530p: Cindy	28 430p: Kellie	29 530p: Crystal	30	31

Register for SUMMER CAMPS

We have several summer camp options for the kiddos. Registration is still open for all camps! Shirt deadlines, however, are coming up.

Improve your fitness:

Don't DIET.

Wait....What???

Switch up the letters in the word and **EDIT** what you eat.

Make it a lifestyle change toward healthier foods, not a deprivation plan.

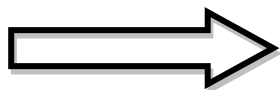
Seth Saunders is our new Personal Trainer. So if you have wanted to kick up your workout goals, come see him.



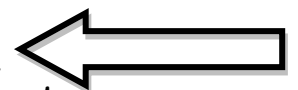
Smithville Recreation Center

512.237.3282 x7 / www.ci.smithville.tx.us

CHECK US OUT ON FACEBOOK: www.facebook.com/smithvillepard



Make sure we have your correct email address on file.



Also keep an eye on our PARD FB page for class updates and postings