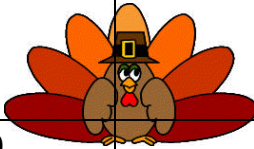


# Rec Center Fitness Calendar

## NOVEMBER 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Kellie:</b> PiYo / Turbo Kick / Cize <b>Crystal:</b> Turbo Kick / Circuit <b>Cyndee:</b> M3			1	2 430p: Cyndee	3	4
5	6 430p: Kellie	7 545p: Crystal	8	9 430p: Cyndee	10 Closed	11 Closed
12	13 430p: Kellie	14 545p: Crystal	15	16 430p: Cyndee	17	18
19	20 430p: Kellie	21 545p: Crystal	22 Closed	23 Closed	24 Closed	25 Closed  Turkey Trot Warm up
26 Closed	27 430p: Kellie	28 545p: Crystal	29	30 430p: Cyndee		

### SCHEDULE UPDATE

Wednesdays have been taking off the schedule for November and December.

### Other Class Info

Please be on the lookout for the fitness Facebook group to start back up! This is where we will try to keep all the class info up to date for everyone. The link will go out to your email on file as soon as we get it set up!!

-----

Weight Loss Challenge will begin in the NEW YEAR. Be looking for info on that in December!!

----

**Come to our 1<sup>st</sup> Annual Turkey Trot 5K Fun Run. Saturday the 25<sup>th</sup> starting at 9am. Warm up at 845am.**

## Smithville Recreation Center

512.237.3282 x7 / [www.ci.smithville.tx.us](http://www.ci.smithville.tx.us)

CHECK US OUT ON FACEBOOK: [www.facebook.com/smithvillepard](http://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.