

# Rec Center Fitness Calendar

## SEPTEMBER 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
	: Kellie: PiYo / Turbop Kick Cindy: Circuit Training Crystal: Turbo Kick Cyndee: M3				1	2
3	4 CLOSED Labor Day	5 530p: Cindy	6 430p: Kellie	7 430p: Cyndee  530p: Crystal	8	9
10	11 430p: Kellie  530p: Cyndee	12 530p: Cindy	13 430p: Kellie	14 430p: Cyndee  530p: Crystal	15	16
17	18 430p: Kellie  530p: Cyndee	19 530p: Cindy	20 430p: Kellie	21 430p: Cyndee  530p: Crystal	22	23
24	25 430p: Kellie  530p: Cyndee	26 530p: Cindy	27 430p: Kellie	28 430p: Cyndee  530p: Crystal	29	30

**? ? ? ?**  
**DID YOU KNOW?...**

You don't have to work up a sweat to burn calories

The amount that you sweat is not linked in any way to how many calories you are burning. Sweat is merely your body's way of cooling you down. You can sweat, just sitting in a hot room, but that doesn't mean that you are losing any fat.

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*See ya in  
 classes!!!*



### Smithville Recreation Center

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

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Make sure we have your correct email address on file.

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