

South Milwaukee Recreation Department

2022 FALL EXERCISE CLASSES

Monday	Sept 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14	Location
Easy Yoga/		
Beginner Tai Chi	9:00-9:50 am	Activity Code: EX100.101a Fitness Center
Gentle Yoga	6:00-6:50 pm	Activity Code: EX100.103 E. W. Luther Gym
Pilates	7:00-7:50 pm	Activity Code: EX100.105 E. W. Luther Gym
Chiseled	6:15-7:05 pm	Activity Code: EX100.106 MS Multi Purpose Rm
Zumba	6:00-6:50 pm	Activity Code: EX100.107 Blakewood Gym
Open Pickleball	7:00-8:30 pm	Activity Code: EX100.109 Blakewood Gym
Tuesday	Oct 18, 25; Nov 1, 8, 15	Location
SilverSneakers Classic	9:00-9:50 am	SilverSneakers Members Fitness Center
SilverSneakers Yoga	10:00-10:50 am	SilverSneakers Members Fitness Center
Wednesday	Sept 7, 14, 21, 28; Oct 5, 19, 26; Nov 2, 9, 16	Location
Bar-less Barre	6:00-6:50 pm	Activity Code: EX100.118 E. W. Luther Gym
Open Pickleball	6:30-8:00 pm	Activity Code: EX100.109b Blakewood Gym
Yoga	7:00-7:50 pm	Activity Code: EX100.115 E. W. Luther Gym
Rock 'n' Roll		
Water Aerobics	7:30-8:20 pm	Activity Code: EX100.113 Middle School Pool
Wednesday	Sept 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16	Location
Tai Chi with Yoga	9:00-9:50 am	Activity Code: EX100.101b Fitness Center
Thursday	Sept 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17	Location
Zumba	6:00-6:50 pm	Activity Code: EX100.120 Blakewood Gym
Vinyasa Yoga	7:00-7:50 pm	Activity Code: EX100.117 Blakewood Gym

Registration opens Monday August 8th @ 8 AM. Class schedule is subject to change.

<u>CLASS LOCATION</u>	<u>ENTRANCE</u>	<u>CLASS FEES</u>	
HS Fitness Center Room #1125	Door #24	Pickleball	\$20R/\$30NR
Middle School Pool	Door #34	Land Exercise Class	\$40R/\$50NR
Middle School Multi Purpose Rm	Door #49	Water Aerobics	\$48R/\$58NR
E. W. Luther Gym	Door #5	SM Fitness Center Members	Resident Rates
Blakewood School Gym	Door #9	SilverSneakers Members	Complimentary

You may register **NOW** by mail, in person, or ONLINE.

For additional information please call us at 414-766-5081 or visit our webpages at www.smrecdept.org