

# South Milwaukee Recreation Department

## 2022 FALL EXERCISE CLASSES

<b>Monday</b>	<b>Sept 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14</b>	<b>Location</b>
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
<b>Tuesday</b>	<b>Oct 18, 25; Nov 1, 8, 15</b>	<b>Location</b>
SilverSneakers Classic	9:00-9:50 am	SilverSneakers Members Fitness Center
SilverSneakers Yoga	10:00-10:50 am	SilverSneakers Members Fitness Center
<b>Wednesday</b>	<b>Sept 7, 14, 21, 28; Oct 5, 19, 26; Nov 2, 9, 16</b>	<b>Location</b>
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
Rock 'n' Roll		
Water Aerobics	7:30-8:20 pm	Activity Code: EX100.113 Middle School Pool
<b>Wednesday</b>	<b>Sept 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16</b>	<b>Location</b>
Tai Chi with Yoga	9:00-9:50 am	Activity Code: EX100.101b Fitness Center
<b>Thursday</b>	<b>Sept 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17</b>	<b>Location</b>
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](http://www.smrecdept.org)*