



2022-23 WINTER EXERCISE CLASSES

Monday	Nov 28, Dec 5, 12, 19; Jan 2, 9, 16, 23, 30; Feb 6	Location	Instructor
EZ Yoga/ Beginner Tai Chi	9:00-9:50 am	Activity Code: EX200.201	Fitness Center Cathy
Gentle Yoga	6:00-6:50 pm	Activity Code: EX200.203	E.W. Luther Gym Marie
Pilates	7:00-7:50 pm	Activity Code: EX200.205	E.W. Luther Gym Jamie
Zumba	6:00-6:50 pm	Activity Code: EX200.207	Blakewood Gym Amy
Chiseled	6:15-7:05 pm	Activity Code: EX200.230	Middle School MPR Sarah
Monday	Jan 2, 9, 16, 23, 30; Feb 6, 13, 20, 27	Location	Supervisor
Open Pickleball	7:00-8:30 pm	Activity Code: EX200.209	Blakewood Gym Francis/Brian
Tuesday	Nov 29; Dec 6, 13, 20; Jan 3, 10, 17, 24; Feb 7, 14	Location	Instructor
SilverSneakers®			
Classic	9:00-9:50 am	SilverSneakers® Members	Fitness Center Marie
Yoga	10:00-10:50 am	SilverSneakers® Members	Fitness Center Marie
Wednesday	Nov 30; Dec 7, 14, 21; Jan 4, 11, 18, 25; Feb 1, 8	Location	Instructor
Tai Chi with Yoga	9:00-9:50 am	Activity Code: EX200.202	Fitness Center Cathy
Rock 'n' Roll			
Water Aerobics	7:30-8:20 pm	Activity Code: EX200.213	Middle School Pool Janet
Bar-less Barre	6:00-6:50 pm	Activity Code: EX200.218	E.W. Luther Gym Jamie
Wednesday	Jan 4, 11, 18, 25; Feb 1, 8, 15, 22; Mar 1	Location	Supervisor
Open Pickleball	7:00-8:30 pm	Activity Code: EX200.209b	Blakewood Gym Francis/Brian
Thursday	Dec 1, 8, 15, 22; Jan 5, 12, 21, 26; Feb 2, 9	Location	Instructor
Strength Cardio Fusion	6:15-7:05 pm	Activity Code: EX200.250	Middle School MPR Sarah
Zumba	6:00-6:50 pm	Activity Code: EX200.220	Blakewood Gym Carla
Vinyasa Yoga	7:00-7:50 pm	Activity Code: EX200.217	Blakewood Gym Renee

**Class schedule is subject to change.*

REGISTRATION OPENS MONDAY OCTOBER 31, 2022

FEE INFORMATION

Open Pickleball:	\$20R/\$30NR
Land Exercise Class:	\$40R/\$50NR
Water Aerobic Class:	\$48R/\$58NR
Fitness Center Member	Resident Rates
SilverSneakers®	SilverSneakers Members®

Location Information

E. W. Luther School Gym
Blakewood School Gym
Fitness Center (SMFC)
Middle School Pool
Middle School MPR

Door To Enter

Enter Door #5
Enter Door #9
Enter Door #24
Enter Door #34
Enter Door #49

Register Early & Tell a Friend: classes will only run if there are at least 8 registered participants 3 business days prior to start date.

For additional information please call us at 414-766-5081, 5083 or visit our webpages at www.smrecdept.org

You will LOVE our Instructors



REGISTRATION FORM

MAIL REGISTRATION
 South Milwaukee Recreation Dept.
 South Milwaukee, WI 53172
 417-766-5081 or 414-766-5082
 www.smrecdept.org

WALK-IN REGISTRATION
 South Milwaukee High School
 Park on east side of the high school
 Enter through Door #24

Family Last Name: _____ First Name: _____

Address: _____ City: _____ Zip: _____

Home Ph:(____) _____ - _____ Business Ph:(____)- _____ - _____ Cell Ph:(____) _____ - _____

E-Mail Address: _____

I, the undersigned do hereby agree to allow the individual named herein to participate in the activities indicated. I am aware and understand there may be potential risk inherent with participation in any recreation activity, and that the School District of South Milwaukee does not provide accident insurance and cannot assume responsibility for injury to any participants in the recreation programs.

I am familiar with the program eligibility requirements and I further understand that there are no fee transfers and refunds. I also agree to allow publication of any photos taken of me at any program, event, or facility sponsored by the South Milwaukee Recreation Department.

I have read and fully understand the concussion protocols for athletes and will turn in the Concussion Parent/Athlete Agreement Form at the time of registration. This form and additional concussion information is available online at www.smrecdept.org. You may also pick up the form in the Recreation Dept. Office.

 Participant/Parent/Guardian Signature

 Date

Participant Name	M/F	Date of Birth	Grade	Activity Name	Activity Code	Fee

Special Information (i.e. medical, physical, allergies): _____

Total: \$ _____ Check # _____ Cash _____ Money Order _____

Make checks or money order payable to the South Milwaukee Recreation Department

Please Circle the Youth T-Shirt Size if one is given as part of the registration **XS S M L XL**

Sign up NOW!