

City of Prescott
Recreation Services

S.N.A.P. March, 2016 PRESENTS:

EXERCISE PROGRAMS

DO ONE OR ALL EXERCISE!



1. Water Aerobics at the YMCA - Dues \$1.00*

Time: 1:00 - 2:00pm Every Monday! Be ready to jump in the water and do some aerobics. Bring: Swimsuit, Towel & \$1.00. Arrive: 12:45pm



2. Special Olympics/SNAP SWIM TEAM @ the YMCA

Time: 1:00 - 2:00pm Every Monday! Come and join our swim team and learn how to lap swim and compete in meets. **SWIM TEAM COST: FREE!**

NOTE TIME CHANGE

3. Weight Training and Cardio - Dues \$1.00*

Every Wednesday, we will be trained on weight machines and do cardio exercises.

Time: 1:00pm - 2:00pm Meet: in the Wellness Room at the YMCA

Dress for a workout and wear your tennis shoes. (No jeans please)

If you are NOT currently enrolled in the weight class on Wednesdays, Please call **Sherri at 777-1554 for availability before attending.



***\$1.00 Dues for each class that you will be participating in. You must pay Sherri before you can participate; Paying monthly is very helpful.**