City of Prescott

Recreation Services

S.N.A.P, October , 2015 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!***

3. Weight Training and Cardio – *Dues $1.00 **

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

Time: 2:00pm – 3:00pm **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.**