recreation EXPO

REC FIT LARGO
HEALTH · WELLNESS · CONVENIENCE

FREE CLASSES

MONDAY JANUARY 8	TUESDAY JANUARY 9	WEDNESDAY JANUARY 10	THURSDAY JANUARY 11	FRIDAY JANUARY 12	SATURDAY JANUARY 13
8a-2:30p Pickleball Drop In (HC)	**8:30-9:30a** Tai Chi (CC)	**All Day** Drop-in Tennis (SW)	**9-10a** Chair Exercise (SW)	**8:30-9:30a** Tai Chi (SW)	**8a-2p** All Day Fitness at CC
	9:30-10:30a Tai Chi Chih (HC)	**8a-1p** Badminton Drop In (HC)	**9:30-11a** Preschool Play Group (SW)	**10:30a-11:15a** Preschool Art Group (HC)	**9-10a** Zumba Toning (HC)
	10-11:30a Home School Social (SW)	**10-11:15a** Chair Yoga (SW)	**10:45-11:45a** Yoga Stretch (CC)	**11:45a-12:45p** Basic Step Line Dance (SW)	**9-10:30a** Gentle Yoga (SW)
	10:30-11:15a Pee Wee Sports (SW)				**9:15-10:15a** Gentle Yoga (HC)
	10:30-11:30a Zumba Gold (CC)	**12-1:15p** Dance with Dot-Adult Ballet (CC)	**12-1p** Tai Chi (SW)		
	10:45-11:30a Forever Fit (HC)	**1-3p** Bingo (CC)	**1-2p** Cardio Drumming (SW)		
	11:30a-1p Home School Sports (SW)	**4-4:30p** Bilingual Tennis Lessons (HC)			
1-2:30p Home School PE (HC)	**12-1p** Yoga (HC)	**4:30-5p** Youth Tennis Lessons (HC)			
1-3p Chair Volleyball (CC)	**12:30-3:30p** Karaoke (CC)	**5:30-6:30p** Karate Youth (SW)	**5:30-6:16p** Zumba Kids (HC)		
2-4p Ukelele Strum Circle (CC)	**4-4:30p** Youth Tennis Beginner (SW)	**5:30-7p** Comic Book Club (HC)	**5:30-6:30** Burn & Firm (SW)		
4-7p Adult Tennis Lessons (SW)	**5-5:45p** Teen Tennis Beginner (SW)	**5:30-8p** Mock Combat (SW)			
5:30-6:30p Tai Chi (HC)	**5:30-6:30p** Youth Cartooning (HC)	**5:30-6:30p** Volleyball Clinic-Int (SW)			
6-8p Historical Fencing (HC)	**6-7p** Pilates (SW)	**6-7p** #danceoff (HC)			
6:30-7:30p Zumba (HC)	**6:30-7:30p** Kickboxing (SW)	**6:30-8p** Teen/Adult Karate (SW)		**6:30-8p** Karate (HC)	

SUNDAY JAN 7
Free Fitness Center Access At Highland and Southwest