



April 1, 2010

Contact: Kimbre Vega, 625-6215, or email recclasses@spokanecity.org

TRY OUR FITNESS CLASSES WITH OUR "GUEST PASS CAMPAIGN"

Bring a friend or come by yourself.
If you like it, sign up and come back for more!

**Come to the first day of class as our "Guest."
- No obligations!**

Includes the following fitness classes with start dates from 4/5 to 4/19:

Body Boot Camp

13951 Tu 4/6-5/4 - 5:40-6:55 PM

13958 Th 4/8-5/6 - 5:40-6:55 PM

13964 W 4/14-5/26 - 6:15-7:30 PM

Pilates Yoga Blend

14188 Tu 4/6-5/25 - 6-7 PM

14189 Th 4/8-5/27 - 6-7 PM

Pilates Small Equipment for All

*14338 M 4/12-5/3 - 4:45-5:45 PM

*14341 W 4/14-5/5 - 4:45-5:45 PM

*New start dates

Pilates for Beginners

13988 Tu/Th 4/13-4/29 - 4:30-5:30 PM

Capoeira Fun & Fitness for Kids

13980 M 4/12-5/3 - 4:30-5:30 PM

13981 Th 4/15-5/6 - 4:30-5:30 PM

Kung Fu for Youth

14214 M/W 4/19-5/26 - 6:15-7 PM

Kung Fu Beginning Adult

14206 M/W 4/19-5/26 - 7-8 PM

ZUMBA® Fitness for Beginners

14019 M 4/5-5/17 - 4:30-5:30 PM

*14391 M 4/5-4/26 - 4:35-5:35 PM

14020 W 4/7-4/21 - 4:10-5 PM

14021 W 4/7-4/21 - 5-6 PM

*Just Added!

ZUMBA® Fitness

14037 Tu 4/6-5/4 - 5:45-6:45 PM

14374 W 4/7-5/5 - 5:30-6:30 PM

14040 Th 4/8-5/6 - 5:45-6:45 PM

14043 M 4/12-5/24 - 6:15-7:15 PM

*14036 M 4/12-5/3 - 9:30-10:30 AM

**14038 Tu 4/13-5/4 - 9:30-10:30 AM

*14039 W 4/14-5/5 - 9:30-10:30 AM

**14041 Th 4/15-5/6 - 9:30-10:30 AM

**14042 F 4/16-5/7 - 9:30-10:30 AM

14044 Sa 4/17-5/22 - 9:20-10:30 AM

*New dates

**New dates and FREE drop-in childcare available on-site

Body Synergy

13973 M/W 4/12-5/26 - 6-7 PM

Strength and Conditioning

14203 Tu 4/13-5/25 - 6-7 PM

14204 Th 4/15-5/27 - 6-7 PM

Step Aerobics

14199 Tu 4/13-5/25 - 7:05-8:05 PM

14200 Th 4/15-5/27 - 7:05-8:05 PM

Boxing Intro with Geno

13977 Sa 4/17-5/15 - 12-1 PM

ALL classes at Sacajawea will now have professional sound system and wireless microphone!

Guest Pass Campaign applies to the 1st day of above mentioned classes only.

About Spokane Parks and Recreation

City of Spokane Parks and Recreation is responsible for the professional management and prudent caretaking of more than 4,100 acres of developed parks and conservation land. The Golf Division maintains and operates four championship municipal golf courses, including Indian Canyon, Downriver, Esmeralda and the Creek at Qualchan. Park Operations has responsibility for the maintenance of all park land and park facilities in the City of Spokane including Riverfront Park, Manito Park, Gaiser Conservatory and the many city-wide gardens, Finch Arboretum and the Urban Forestry Program. The Recreation/Entertainment Division offers classes, special events, athletic leagues and activities for youth, teens, adults, seniors and persons with physical and mental disabilities. It also operates Riverfront Park attractions, activities and events, and provides support for community centers, senior centers, the Northeast Youth Center, Corbin Art Center and outdoor swimming pools. For more information please visit spokaneparks.org

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