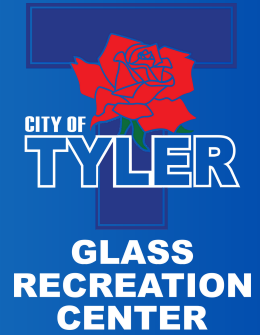




GLASS RECREATION CENTER NEWSLETTER



GLASS NEWS:

Hello fellow community members!

July Workout Tip: Listen to your body! Research shows that if you are not used to exercising, pushing through pain and discomfort could lead to serious injury. It is okay to start slow and steady.

- **CLOSED FOR FOURTH OF JULY, July 4**
- **GYM IS CLOSED 1-3 p.m. until August 4, for Summer Camp**
- **Outdoor Adventure Series begins July 15 from 9-11 a.m.**

UPCOMING EVENTS:

- Cultivating Calm July 22, 10-11 p.m.
- Life Skills for Teens will end 7/18



PROGRAMS:

- Step Aerobics (\$20 per month or \$5 per class)
- Karate (\$75 for 10 weeks/\$30 for uniform)
- Pickleball (free for members)
- Intro to Belly Dancing
 - \$45 for members
 - \$60 non-members
 - Drop-in rate \$10- 2 times max
- Full Court Fundamentals
 - \$45 for members
 - \$55 non-members
 - Drop in \$7 members/ \$10 non-members
- Dutch Oven Cooking July 15, 9-11 a.m.
- Orienteering July 29, 9-11 a.m.
- NHance Academy M/W, 4-6 p.m.

MEMBER OF THE MONTH

GLENDA WHITAKER



GYM SCHEDULE:

- **Monday:** Pickleball 7-9:30 p.m., Full Court Fundamentals 5-7 p.m.
- **Tuesday:** Karate 6-8:30 p.m.
- **Wednesday:** Pickleball 9 a.m.-12 p.m., Fundamentals 5-7 p.m., Open Volleyball 7-9:30 p.m.
- **Thursday:** Pickleball 9 a.m.-12 p.m.
- **Friday:** Open Basketball 7-9:30 p.m.
- **Saturday:** Pickleball 9 a.m.-12 p.m.

Scan for a copy of our newsletter online!

