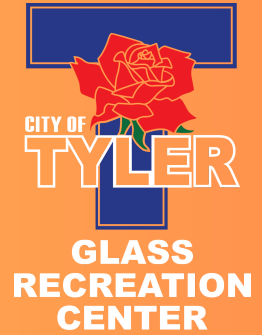


GLASS RECREATION CENTER NEWSLETTER



GLASS NEWS:

Hello fellow community members!

August Workout Tip: Consistency is key, but it is okay to change your workout routine up to help out your motivation!

- **GYM IS CLOSED 1-3 p.m. for Summer Camp. Normal schedule will resume after Aug. 4.**



PROGRAMS:

- Step Aerobics (\$20 per month or \$5 per class)
- Karate (\$75 for 10 weeks/\$30 for uniform)
- Pickleball (free for members) \$5 for non-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.

LEAGUES:

- Men's Basketball League: Sept. 21-Nov.9
Registration deadline-Sept. 5/Team Fee-\$350
- Women's Volleyball League: Oct. 4-Nov. 8
Registration deadline-Sept. 25/Team Fee-\$250

Scan for a copy of our newsletter online!



MEMBER OF THE MONTH

BLAKE TURNER



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.

