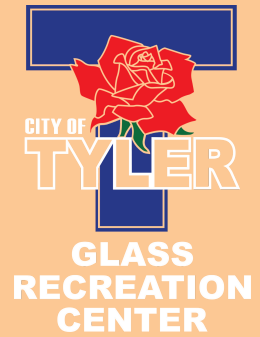


# GLASS RECREATION CENTER NEWSLETTER



## GLASS NEWS:

Hello fellow community members!

September Workout Tip: Don't forget about muscle training!

Keeping your muscles healthy as you get older can prevent muscle loss, bone loss, and improve your quality of life. Not only that, but strength training can improve mood, give a sense of accomplishment, and even boost self-esteem.



## PROGRAMS:

- Step Aerobics (\$20 per month or \$5 per class)
- Karate begins 9/5/23, (\$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
- Pretty Girl Boxing
  - \$15 for members
  - \$20 for non-members
  - Drop-in Fee \$5 for members
  - Drop-in Fee \$7 for 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

**ERICA DAVIS**



## GYM SCHEDULE:

- **Monday:** Pickleball 7-9:30 p.m.
- **Tuesday:** Karate 6-8:30 p.m.
- **Wednesday:** Pickleball 9 a.m.-12 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.

