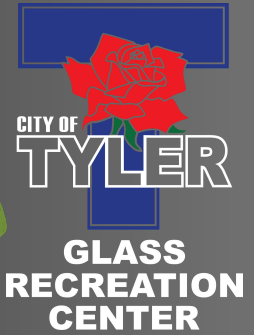


GLASS RECREATION CENTER NEWSLETTER



GLASS NEWS:

Hello fellow community members!

October Workout Tip: Taking a 30 minute walk every day is one of the best ways to stay healthy and feel great. Take advantage of the cooler weather by going for a brisk walk before work or after dinner.

- **Fall Family Fun Festival is October 26 from 4- 7 p.m.**
- **Fall Fest will include: Face Painting, Bounce House, Food Trucks, costume contest and booths with candy!**

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
- Women's Volleyball League: Oct. 25-Dec. 6
Registration deadline-Oct. 16/Team Fee-\$250

MEMBER OF THE MONTH

EDGAR RAMIREZ



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., Men's League 6-10 p.m.
- **Friday:** Open Basketball 7-9:30 p.m.
- **Saturday:** Pickleball 9 a.m.-12 p.m.



**HAPPY
HALLOWEEN**

Scan for a copy of our newsletter online!



For more information about our classes and programs, visit TylerParksandRec.com or call (903) 595-7271.