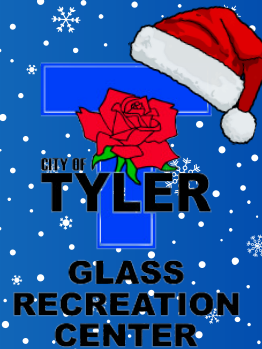


GLASS RECREATION CENTER NEWSLETTER



GLASS NEWS:

Hello fellow community members!

December Workout Tip: Be sure to plan your workouts accordingly with the weather. Planning ahead makes you less likely to skip because of the cold or rain this holiday season.

- **Breakfast with Santa, December 9th, 9:30-11:30 a.m.**
- **Open Volleyball returns to Wednesdays on Dec. 20.**
- **CLOSED DECEMBER 25 & 26**
- **No Belly Dancing Dec. 27**
- **Blood Pressure Workshop starting Jan. 29**
 - 7- Bi-weekly classes every Monday-1-2 p.m.

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

LEAGUES:

- Youth Basketball League, Jan. 27-Mar. 9
 - \$45 registration fee



Scan for a copy of our newsletter online!



MEMBER OF THE MONTH

QUITVORIA MAYSE



*Merry
Christmas*

GYM SCHEDULE:

- **Monday:** Pickleball 7-9:30 p.m.
- **Tuesday:** Karate 6-8:30 p.m.
- **Wednesday:** Pickleball 9 a.m.-12 p.m., Women's Volleyball League 6-10 p.m.
- **Thursday:** Pickleball 9 a.m.-12 p.m.
- **Friday:** Open Volleyball 7-9:30 p.m.
- **Saturday:** Pickleball 9 a.m.-12 p.m.

