



GLASS RECREATION CENTER NEWSLETTER



GLASS NEWS:

Hello fellow community members!

February Self-Care Tip: Live with a positive mindset. At the end of the day, write down five things that went well!

- **Daddy/Daughter & Mother/Son Dances**
 - February 9 & 10 (\$10 per ticket)
- **Blood Pressure Workshop starting Jan. 29**
 - 7- Bi-weekly classes every Monday-1-2 p.m.
- **Weigh Management Workshop Feb. 5-Mar. 26**
 - \$72 fee for Glass members/Day pass (\$5) for others
 - Mondays 6-7 p.m.
 - Tuesdays 7-8 p.m.

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

LEAGUES:

- Men's Basketball League: Feb. 29-Apr. 25
 - Playoffs: May 2
 - Registration Deadline- Feb. 20
- Co-Ed Volleyball League: Mar. 27- May 15
 - Playoffs: May 22
 - Registration Deadline: Mar. 18

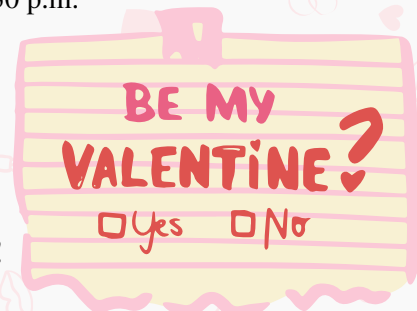
MEMBER OF THE MONTH

Joe Turner



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:** Youth League 9 a.m.-12 p.m., Pickleball 12:30-3:30 p.m.



Scan for a copy of our newsletter online!

