

MUST BRING HC BADGE TO PARTICIPATE!



Sports Club Exercise Classes: February 2019



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|-----------------------------|----------|-----------------------------|----------------------------|
| | | | | | 1 Baby Bootcamp 10 a.m. | 2 Baby Bootcamp 9 a.m. |
| 3 | 4 Baby Bootcamp 10 a.m. Chair Yoga \$5 12 p.m. Yoga \$10 6:30 p.m. | 5 Tai Chi/Qigong \$10 (\$8 Senior) 10 a.m. | 6 Baby Bootcamp 10 a.m. | 7 | 8 Baby Bootcamp 10 a.m. | 9 Baby Bootcamp 9 a.m. |
| 10 | 11 Baby Bootcamp 10 a.m. Chair Yoga \$5 12 p.m. Yoga \$10 6:30 p.m. | 12 Tai Chi/Qigong \$10 (\$8 Senior) 10 a.m. | 13 Baby Bootcamp 10 a.m. | 14 | 15 Baby Bootcamp 10 a.m. | 16 Baby Bootcamp 9 a.m. |
| 17 | 18 Baby Bootcamp 10 a.m. Chair Yoga \$5 12 p.m. Yoga \$10 6:30 p.m. | 19 Tai Chi/Qigong \$10 (\$8 Senior) 10 a.m. | 20 Baby Bootcamp 10 a.m. | 21 | 22 Baby Bootcamp 10 a.m. | 23 Baby Bootcamp 9 a.m. |
| 24 | 25 Baby Bootcamp 10 a.m. Chair Yoga \$5 12 p.m. Yoga \$10 6:30 p.m. | 26 Tai Chi/Qigong \$10 (\$8 Senior) 10 a.m. | 27 Baby Bootcamp 10 a.m. | 28 | | |

Exercise Class Instructors:

Yoga \$10 & Chair Yoga \$5: Angie Benton divineshantiyoga@gmail.com
Tai Chi/Qigong \$10 (\$8 Senior): Karen Koutsky karen.koutsky@gmail.com
Baby Bootcamp (Cost Varies) Liz Tompkins liz.tompkins@babybootcamp.com

Highland Creek Sports & Aquatic Director:
 Casey Barry casey@tridentpoolgroup.com



HIGHLAND CREEK