



Wildcat Workout Class Schedule (All held at the Recreation Center)

	Monday	Tuesday	Wednesday	Thursday	Friday
8 AM –9 AM	Tony's Corporate	Tony's Corporate	Tony's Corporate	Tony's Corporate	Tony's Corporate
9 AM-10AM	Beginning Weight Training		Beginning Weight Training		Beginning Weight Training
12:15-12:45	Tae Bo® Aerobic Kickboxing	Core Training	Tae Bo® Aerobic Kickboxing	Core Training	Rev It Up! (instructor choice)
12:45-1:15	Tae Bo® Aerobic Kickboxing	Core Training	Tae Bo® Aerobic Kickboxing	Core Training	Rev It Up! (instructor choice)
2 PM – 3 PM	Beginning Weight Training		Beginning Weight Training		Beginning Weight Training
3 PM – 4 PM	Advanced Weight Training		Advanced Weight Training		Advanced Weight Training

Credit Class Schedule (Enroll through Continuing Education)

	Monday	Tuesday	Wednesday	Thursday	Friday
Tae Bo® Aerobic Kickboxing		5:30PM-6:15PM (Rec Center)		5:30PM-6:15PM (Rec Center)	
Scuba Diving				6 PM-10PM (Salina YMCA)	
Ballroom Dance		7PM-8PM (Rec Center)			
Beginning Golf 89011	12:45-2:45 PM (1 st class at Rec, then meet at Municipal Course)				
Beginning Golf 89012	5:30-7:30 PM (1 st class at Rec, then meet at Municipal Course)				
Beginning Golf 89013			12:45-2:45 PM (1 st class at Rec, then meet at Municipal Course)		
Int/Advanced Golf				5:30-7:30PM (1 st class at Rec, then meet at Municipal Course)	