

OPEN HOUSE


MUSKINGUM
RECREATION CENTER
1425 Newark Rd.

Wednesday, October 25, 2017

Enter for a chance to win a 1 year FREE MEMBERSHIP

- ♦ All day access **FREE** to the public
- Adult Supervision required 11-under
- ♦ Enjoy Popcorn, Apple Cider, and Apples

***Workout , Swim, Play Basketball, or *take a Group Exercise Class
*must be 12 or older**

***Group Exercise Class Schedule Free to try all day long any class**

6:00-7:00am Water Aerobics	4:30-5:20pm Building Bones
8:00-9:00am Senior Cardio	5:15-6:00pm Water Aerobics
8:00-9:00am Yoga	5:30-6:30pm Cardio Mix-up
9:00-10:00am Step Variations	5:30-6:30pm Indoor Cycling
9:10-10:00am Senior Splash	5:30-6:30pm Beginner Yoga
10:10-11:00am Senior Splash	6:40-7:40pm Family Yoga (Age 5-Up)
10:10-11:00am Senior Classic	6:40-7:40pm HIIT
11:00-11:45am Arthritis Aquatics	6:45-7:30pm Indoor Cycling Express
12:00- 12:45pm Indoor Cycling Express	

5:00 PM - 8:00 PM

Choose From a Variety of Activities

- Family Fun and Games in The Basketball Gymnasium



- Free Throw Contest
 - Relays
- 3 Point Contest
- Face Painting
- Pumpkin Painting
- Pizza and snacks
 - Tours
- Open Swim



No registration necessary, for more information call 740-454-4767