



Merry Fitness!

A Few Ways To Beat The Holiday Bulge! December 4th-21st

Senior Fit Club

A low impact class where you can choose your intensity while increasing flexibility and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles, bands, boards and resistance dumbbells.

Monday & Wednesday's 10:30-11:30 am
Tuesday & Thursday's 4:00-5:00 pm
Free with membership

Lap/Open Swim

See calendar for fees and times.
seymour.k12.wi.us/community/aquatic_center



Sign up today!

Boot Camp

Enjoy great energy and great results... while you train, shape and strengthen your body in this cutting-edge, high level circuit and strength class. This total body workout will keep you coming back for more!

Monday & Wednesday's 4:45-5:45 pm \$20

Aqua Aerobics

A low impact class set to music where you can choose your intensity while increasing your cardiovascular fitness and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles and resistance dumbbells.

Tuesday 6:00-7:00 am \$10

Wednesday 6:00-7:00 pm \$10

Seymour Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6:30 am	5-6:30 am	5-6:30 am	5-6:30 am	5-6:30 am	7-10 am
11am-1pm	12-1pm	11am-1pm	12-1pm	11am-1pm	
5-8pm	5-8pm	5-8pm	5-8pm		
\$1.50 Daily Admission					

