



New London Parks & Recreation Winter 2011/2012 Adult Fitness Classes



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For Programs Including:

Seasonal Promotions:

December: Attend class for free with a donation to the Community Cupboard. *Limit 5 per participant for the month.*

January: Register for free for the Health & Fitness Challenge and receive free class passes, a t-shirt and many more incentives to motivate you to keep healthy in 2012!

February: Buy one 10 pass and receive a free individual pass to share with a friend.

Zumba®

In the Washington Center Gym:

Mondays/Wednesdays: 9:30-10:15 a.m.
Tuesdays/Thursdays: 6:00-6:45 p.m.
Saturdays: 7:45-8:30 a.m.

In the Ignite Practice Facility (Old True Value Building by the Family Dollar): **Wednesdays: 6:00-7:00 p.m.**

In the Fremont Village Hall:

Tuesdays/Thursdays: 5:15-6:00 p.m.
Saturdays: 8:00-8:45 a.m. #

Land Aerobics

In the Washington Center Gym:

Mondays/Thursdays: 4:30-5:30 p.m.
Saturdays: 6:00-7:00 p.m.



Hooping

In the Ignite Practice Facility:

Mondays 6:00-7:00 p.m.

2012 Fees:

Resident/Non-Resident: 10-Pass: \$22.50/10-Pack \$33.75
Individual Class Pass: \$2.50/\$3.75

Passes can be purchased at:

The New London Parks & Rec Department Office at
215 N. Shawano St. New London, WI 54961 8:00 a.m.-4:30 p.m.

Or

The New London Aquatic & Fitness Center
815 W. Washington St. New London, WI 54961 during facility hours

Contact us:



Phone: (920) 982-8521

Email:
ginger@newlondonwi.org

215 N. Shawano St.
New London, WI 54961

There will be class on
December 24th and 25th
Bring a NEW Friend for free
on those two days!

www.newlondonwi.org

