

## El Rio Vista Recreation Center

All classes are \$3/session or \$30.00 for 12 passes or \$50 for 24 passes. Ages 13+

Day	Activity	Time	Instructor
MONDAY	Total Body Fitness	6:00am-7:00am	Gregory Dodd
	Total Body Fitness	12:00pm-1:00pm	Gregory Dodd
TUESDAY	Total Body Fitness	6:00am-7:00am	Gregory Dodd
	BodyWorx	12:00pm-1:00pm	Drina Escobar
WEDNESDAY	Total Body Fitness	6:00am-7:00am	Gregory Dodd
	Zumba	12:00pm-1:00pm	Drina Escobar
	Clase Ocelotl	6:00pm-7:15pm	Felipe Espinoza
THURSDAY	Total Body Fitness	6:00am-7:00am	Gregory Dodd
	BodyWorx	12:00pm-1:00pm	Drina Escobar
FRIDAY	Total Body Fitness	6:00am-7:00am	Gregory Dodd
	Zumba	12:00pm-1:00pm	Drina Escobar
SUNDAY	Adult Fitness	12:00pm-5:00pm	Volleyball/Basketball/Kato/ Soccer/ Open Track/Open Weight Room/ All Fitness

**If you have any questions or concerns  
please contact:**

**Gregory L. Dodd**

Health & Fitness Coordinator

Saint Paul Parks & Recreation

651-789-3691 or 651-280-0704

*Classes run through April 29, 2016.*