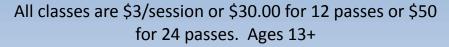


## **El Rio Vista Recreation Center**





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	6:00am7:00am	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.