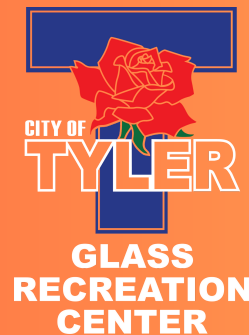




# GLASS RECREATION CENTER NEWSLETTER



## GLASS NEWS:

Hello fellow community members!

**June Workout Tip:** *Put on music! Research shows that listening to your favorite music will not only put you in a good mood, but also increases your exercise performance.*

- Karate will begin on June 6
- Intro to Belly Dancing begins June 7, 5:30-6:30 p.m.
- **CLOSED FOR JUNETEENTH, JUNE 19**

## UPCOMING EVENTS:

- Fishing with Dads, June 3, 9 a.m.-12 p.m.
- Summer Playground/Summer Camp, June 12-August 4
- Life Skills for Teens, June 6-July 18

## PROGRAMS:

- Step Aerobics (\$20 per month or \$5 per class)
- Karate (\$75 for 10 weeks/\$30 for uniform)
- Pickleball (free for members)
- Table Tennis (free for members)
- Intro to Belly Dancing
  - \$45 for members
  - \$60 non-members
  - Drop-in rate \$10- 2 times max
- Full Court Fundamentals
  - \$45 for members
  - \$55 non-members
  - Drop in \$7 members/ \$10 non-members

Scan for a copy of our newsletter online!



## MEMBER OF THE MONTH

**Fatima Castro-Gomez**



## GYM SCHEDULE:

- **Monday:** Pickleball 7-9:30 p.m., Full Court Fundamentals 5-7 p.m.
- **Tuesday:** Karate 6-8:30 p.m.
- **Wednesday:** Pickleball 9 a.m.-12 p.m., Fundamentals 5-7 p.m., Open Volleyball 7-9:30 p.m.
- **Thursday:** Pickleball 9 a.m.-12 p.m.
- **Friday:** Open Basketball 7-9:30 p.m.
- **Saturday:** Pickleball 9 a.m.-12 p.m.

Hello  
Summer