

GLASS RECREATION CENTER NEWSLETTER



2024

GLASS NEWS:

Hello fellow community members!

January Workout Tip: Winter can bear freezing temperatures that make you not want to go out to the gym. There are plenty of safe and effective exercises to do in the comfort and warmth of your own home. Make use of sites like Pinterest to find easy to do workouts at home.

- **CLOSED:** Jan 1 for New Years
- There will be NO belly dancing class on Jan. 3
- Registration deadline for Youth League is Jan. 5
- Pickleball 101 Clinic- Jan. 13
 - \$5 for members/\$10 for non-members
- Blood Pressure Workshop starting Jan. 29
 - 7- Bi-weekly classes every Monday 1-2 p.m.

PROGRAMS:

- Step Aerobics (\$20 per month or \$5 per class)
- Karate begins 1/9/24, (\$75 for 10 weeks/\$30 for uniform)
- Pickleball (free for members) \$5 for non-members
- Intro to Belly Dancing
 - \$45 for members
 - \$60 non-members
 - Drop-in rate \$10- 2 times max

LEAGUES:

- Youth Basketball League, Jan. 27-Mar. 9
 - \$45 registration fee

MEMBER OF THE MONTH

Lanchester Bowie



GYM SCHEDULE:

- **Monday:** Pickleball 7-9:30 p.m.
- **Tuesday:** Karate 6-8:30 p.m.
- **Wednesday:** Pickleball 9 a.m.-12 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.

Scan for a copy of our newsletter online!

