

GLASS RECREATION CENTER NEWSLETTER



GLASS NEWS:

Hello fellow community members!

April Self-Care Tip: Be mindful of the foods you put in your gut. Believe it or not, your gut health plays a major role in your overall health. You are what you eat.

- Blood Pressure Workshop starting Jan. 29
 - 7 Bi-weekly classes every Monday, 1-2 p.m.
- Spring Community Sale on April 13, from 7 a.m. - 1 p.m.
- Glass Summer Camp Registration is open!

Spring

PROGRAMS:

- Step Aerobics (\$20 per month or \$5 per class)
- Karate (\$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

MEMBER OF THE MONTH

Chris Hawthorn



GYM SCHEDULE:

- **Monday:** Pickleball 7-9:30 p.m.
- **Tuesday:** Karate 6-8:30 p.m.
- **Wednesday:** Pickleball 9 a.m.-12 p.m., Volleyball League 6-10 p.m.
- **Thursday:** Pickleball 9 a.m.-12 p.m., Men's League 6-10 p.m.
- **Friday:** Open Basketball 7 a.m. - 6 p.m., Men's League 6-10 p.m.
- **Saturday:** Pickleball 9 a.m.-12 p.m.



Scan for a copy of our newsletter online!

