



FITNESS SCHEDULE

October 5 - 30, 2026

Questions? Please call (541) 549-2091 or visit www.sistersrecreation.com for more information

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM					
8:00 AM	Better Bones & Balance 8:00-9:00 AM Randy	Zumba 8:00-9:00 AM Randy	Better Bones & Balance 8:00-9:00 AM Randy	Zumba 8:00-9:00 AM Randy	Open Fitness 7:30 - 9:00 AM
9:00 AM	Zumba 9:15-10:15 AM Carol	Better Bones & Balance 9:15-10:15 AM Randy	Zumba 9:15-10:15 AM Carol	Better Bones & Balance 9:15-10:15 AM Randy	Zumba 9:15-10:15 AM Carol
10:00 AM					
			Functional Fitness 10:30 - 11:15 AM Savana		Functional Fitness 10:30 - 11:15 AM Savana <i>No class 10/9</i>
11:00 AM					
12:00 PM	Open Fitness 10:30 AM - 5:00 PM	Open Fitness 10:30 AM - 5:00 PM		Open Fitness 10:30 AM - 5:00 PM	
1:00 PM			Open Fitness 11:30 AM - 5:00 PM		Open Fitness 11:30 AM - 5:00 PM
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
CLOSED					
All fitness classes have a maximum participant capacity of 27. Classes are filled on a first come, first served basis.					
Schedule Notices & Cancellations					
Zumba: Substitute Instructor (Randy) 10/5 Functional Fitness: No class Friday, 10/9					
Play Pass Fee (access includes gym, fitness studio, and district drop-in group fitness classes)				Class Legend	
Pass Type	Single Visit	10-Visit	Monthly Auto	3-Month	Cardio
CHILD (0-5)	FREE				Older Adult (55+)
YOUTH (6-18)	\$7 ID/\$10 OD	\$62 ID/\$81 OD	\$55 ID/\$72 OD	\$165 ID/\$216 OD	Strength Training
ADULT (19-79)	\$9 ID/\$12 OD	\$80 ID/\$104 OD	\$70 ID/\$91 OD	\$210 ID/\$273 OD	Mind & Body
HONORED CITIZEN (80+)	\$7 ID/\$10 OD	\$62 ID/\$81 OD	\$55 ID/\$72 OD	\$165 ID/\$216 OD	Contracted Class - Registration Required
Class descriptions are available online, please visit www.sistersrecreation.com/activities/fitness to learn more.					