FITNESS SCHEDULE

December 1-31, 2026

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM					***District closed 12/25 & 1/1***
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** *Sub - Randy 12/7*	**Better Bones & Balance** *9:15-10:15 AM* **Randy**	**Zumba** *9:15-10:15 AM* **Carol** *Sub - Randy 12/9*	**Better Bones & Balance** *9:15-10:15 AM* **Randy**	**Zumba** *9:15-10:15 AM* **Carol** *No class 12/11*
10:00 AM			**Functional Fitness** *10:30 - 11:30 AM* **Savana**		**Functional Fitness** *10:30 - 11:30 AM* **Savana**
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* *District closes early at 12:00 PM on 12/24*	
1:00 PM			**Open Fitness** *11:45 AM - 5:00 PM*		**Open Fitness** *11:45 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

Holiday Closures: 12/24 at 12:00 pm, 12/25, 1/1 | **Zumba:** Substitute Instructor (Randy) 12/7, 12/9; No class 12/11

Play Pass Fee *(access includes gym, fitnes studio, and district drop-in group fitness classes)*

Pass Type	Single Visit	10-Visit	Monthly Auto	3-Month
CHILD *(0-5)*	FREE			
YOUTH *(6-18)*	$7 ID/$10 OD	$62 ID/$81 OD	$55 ID/$72 OD	$165 ID/$216 OD
ADULT *(19-79)*	$9 ID/$12 OD	$80 ID/$104 OD	$70 ID/$91 OD	$210 ID/$273 OD
HONORED CITIZEN *(80+)*	$7 ID/$10 OD	$62 ID/$81 OD	$55 ID/$72 OD	$165 ID/$216 OD

Class Legend

- **Cardio**
- **Older Adult (55+)**
- **Strength Training**
- **Mind & Body**
- **Contracted Class - Registration Required**

Class descriptions are available online, please visit www.sistersrecreation.com/activities/fitness to learn more.