FITNESS SCHEDULE

November 2 - 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** *No class 11/11*	**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) 11/2, 11/16*	**Better Bones & Balance** *9:15-10:15 AM* **Randy**	**Zumba*** *9:15-10:15 AM* **Carol** *Sub (Randy) 11/4, 11/18* *No class 11/11*	**Better Bones & Balance** *9:15-10:15 AM* **Randy**	**Zumba*** *9:15-10:15 AM* **Carol** *No class 11/6*
10:00 AM			**Functional Fitness*** *10:30 - 11:15 AM* **Savana** *No class 11/11*		**Functional Fitness** *10:30 - 11:15 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*** *11:30 AM - 5:00 PM* *District Closed 11/11 in recognition of Veterans Day*	**Open Fitness** *10:30 AM - 5:00 PM*	**Open Fitness** *11:30 AM - 5:00 PM*
1:00 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: No classes 11/11, 11/26, 11/27 | **Zumba:** Substitute Instructor (Randy) 11/2, 11/4, 11/16, 11/18; No class 11/6

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.