



Highland Recreation Schedule

Hours: M-F: 6am-8pm

Sat: 7am-2:30pm; Sun: 8:30am-2:30pm

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7a Rec Fit Boot Camp	6-7a Functional Training Circuit	6:15-7am Rec Fit Boot Camp	6-7am Functional Training Circuit	10:45-11:30a Forever Fit (Healthcare Program Eligible)	9-10a Zumba Toning	10-10:45a RecFit Low Impact
	10:45-11:30a Forever Fit (Healthcare Program Eligible)			12-1p Yoga (addtl. fee)	10-11a Yoga Flow	
	12-1p Yoga (addtl. fee)					
5:30-6:30p Tai Chi (Healthcare Program Eligible)				5:45-6:30p Reps & Recovery		
	6:15-7:15p HIIT	5:30-6:15p Body Melt Circuit	6:15-7:15p HIIT			
6-7p Functional Training Circuit		6:30-7:30p Yoga (addtl. fee)	6:30-7:30p Zumba			
6:30-7:30p Zumba						