

Redmond Parks and Recreation

465 SW Rimrock Way

Redmond, OR 97756

541-548-7275

www.raprd.org

Weekly Schedule

TIMES:	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45	Fitness 4 Life	Zumba	Fitness 4 Life	Fitness 4 Life	Zumba
9:00-10:00					
9:15-10:20	PowerCut Plus	Balance & Core	PowerCut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35	SilverSneakers Classic	Zumba Gold	SilverSneakers Classic	SilverSneakers Yoga	
5:30-6:30	Zumba Toning	Power Combo	Dance Fitness	Power Combo	

Classes held at Redmond Senior Center, 325 NW Dogwood. Pumped Up Strength class only available Virtually.

Costs: \$32.00 for 10 sessions punch card. Unlimited Group Fitness is \$35.00 per month with no contract.

These can be purchased at Cascade Swim Center, 435 SW Rimrock Way, next to Redmond High School.

All classes are subject to change due to attendance. Check the website or Facebook (Redmond Area Park and Recreation District) or Instagram (@raprd_recreation) for updated programming and class information.