



# Town of Wrightsville Beach Parks and Recreation Department

## SCHEDULE OF FITNESS CLASSES

Locals and visitors welcome! Classes are suitable for all fitness levels. All equipment is provided. Instructors are experienced and certified. Fitness classes are held in the Fran Russ Recreation Center located behind Wrightsville Beach Town Hall.

### MONDAYS:

Low Impact Aerobics	8:00—9:00 a.m.
Low Impact Aerobics	9:00—10:00 a.m.
Pilates	10:15—11:15 a.m.

### TUESDAYS:

Boot Camp	6:00—7:00 a.m.
Pilates	7:30—8:15 a.m.
Tone & Stretch	8:30—9:15 a.m.
*Continuing Yoga	6:30—8:00 p.m.

### WEDNESDAYS:

Low Impact Aerobics	8:00—9:00 a.m.
Low Impact Aerobics	9:00—10:00 a.m.
Pilates	10:15—11:15 a.m.
*Gentle Yoga	6:30—7:30 p.m.

### THURSDAYS:

Boot Camp	6:00—7:00 a.m.
Pilates	7:30—8:15 a.m.
Tone & Stretch	8:30—9:15 a.m.

### FRIDAYS:

Low Impact Aerobics	8:00—9:00 a.m.
Low Impact Aerobics	9:00—10:00 a.m.
Pilates	10:15—11:15 a.m.



\*Call the Wrightsville Beach Parks and Recreation Office at  
**(910) 256-7925**  
for dates and fees.