

# RECREATION

## FITNESS



<p><b>9:00 – 10:00 AM</b></p> <p><b>M</b> WALKING CLUB</p> <p><b>10:30 – 11:30 AM</b></p> <p>SENIOR FITNESS MOVE IT OR LOSE IT (2<sup>ND</sup> MONDAY – IN PERSON)</p>	<p><b>4:00 – 6:00 PM</b></p> <p>FAMILY OPEN GYM</p>
<p><b>10:30 – 11:30 AM</b></p> <p><b>T</b> SENIOR FITNESS MOVE IT OR LOSE IT HYBRID / ZOOM</p>	<p><b>5:30 – 6:15 PM</b></p> <p>ALL LEVELS BOOT CAMP</p>
<p><b>W</b></p>	<p><b>5:30 – 6:30 PM</b></p> <p>GENTLE YOGA ON THE MAT</p>
<p><b>10:30 – 11:30 AM</b></p> <p><b>T</b> SENIOR FITNESS MOVE IT OR LOSE IT HYBRID / ZOOM</p>	<p><b>5:30 – 6:15 PM</b></p> <p>ALL LEVELS BOOT CAMP</p>
<p><b>F</b></p>	<p><b>5:30 – 6:30 PM</b></p> <p>YIN YOGA</p>

<https://www.chesternh.org/recreation-department>