

<b>Program</b>	<b>Dates</b>	<b>Day</b>	<b>Times</b>	<b>Location</b>	<b>Price</b>
<b>Washington College Programming:</b>					
<b>Power Hour</b>	May 10 <sup>th</sup> -June 6 <sup>th</sup> July 2 <sup>nd</sup> -Aug 22 <sup>nd</sup>	Mon, Wed, & Fri	6:00-7:00 AM	Dance Studio	\$6 Non-college
<b>The Core in 30min.</b>	May 20 <sup>th</sup> -June 6 <sup>th</sup> July 2 <sup>nd</sup> -Aug 22 <sup>nd</sup>	Thur.	11:30-12:00 AM	Dance Studio	\$6 Non-college
<b>Yoga: Mixed Level</b>	May 12 <sup>th</sup> -Aug. 22 <sup>nd</sup>	Mon & Wed.	5:00-6:30 PM	Cain Studio	\$4 w/ WC ID Card
<b>Slow Flow: Mix of Yoga/Pilates</b>	May 20 <sup>th</sup> -Aug. 22 <sup>nd</sup>	Tues. Thur.	11:30-12:30 PM 7:00-8:00 AM	Cain Studio Cain Studio	\$4 w/ WC ID Card
<b>Mat Pilates</b>	May 20 <sup>th</sup> -Aug. 22 <sup>nd</sup>	Wed.	7:15-8:15 AM	Dance Studio	\$4 w/ WC ID Card
<b>Zumba</b>	May 12 <sup>th</sup> -Aug. 22 <sup>nd</sup>	Tues & Thur	5:30-6:30 PM	Back Gym of Cain	\$4 w/ WC ID Card

### **Kent County Parks and Rec. Programming**

<b>Zumba (9 weeks)</b>	June 2 <sup>nd</sup> - July 30 <sup>th</sup>	Mon, Wed, & Fri	9:00-10:00 AM	Back Gym of Cain	\$4 w/ WC ID Card
<b>Aerobics: Ellen Moore</b>	June 9, 11, 23, 25 July 7, 9, 21, 23 Aug 4, 6	Mon & Wed	5:00-6:15 PM	Dance Studio	\$4 w/ WC ID Card