

Class Information

Indoor Cycling: \$12/class @ The Rec

Boot Camp: \$12/class @ The Rec

Yoga: \$13/class @ the  
White Mountain Athletic Club

Purchase an “Adult Fitness 10 Class Pass”  
for \$100  
(accepted at all classes; purchase at The Rec.)

Please bring water & towel to each class &  
arrive early as classes begin promptly;  
Some classes may have limited room and/or  
equipment.

For more info, please call (603) 236-4695 or  
visit us @ [www.watervillevalley.org](http://www.watervillevalley.org)

Follow us on Facebook at  
[www.facebook.com/wvrecreation](http://www.facebook.com/wvrecreation)

facebook



Waterville Valley Recreation Department  
3 Noon Peak Road  
Waterville Valley, NH 03215  
P: (603) 236-4695

# May 2010

| Sun | Mon   | Tue                                     | Wed  | Thu                                     | Fri | Sat |
|-----|---|---|--|---|-----|-----|
|     |   |   |  |   |     | 1   |
| 2   | 3<br><i>Indoor<br/>Cycling<br/>8:15 am</i>  | 4<br><i>Power<br/>Yoga<br/>8:30 am</i>  | 5  | 6<br><i>Power<br/>Yoga<br/>8:30 am</i>  | 7   | 8   |
| 9   | 10<br><i>Indoor<br/>Cycling<br/>8:15 am</i> | 11<br><i>Power<br/>Yoga<br/>8:30 am</i> | 12<br><i>Indoor<br/>Cycling<br/>4:30pm</i> | 13<br><i>Power<br/>Yoga<br/>8:30 am</i> | 14  | 15  |
| 16  | 17<br><i>Indoor<br/>Cycling<br/>8:15 am</i> | 18<br><i>Power<br/>Yoga<br/>8:30 am</i> | 19<br><i>Indoor<br/>Cycling<br/>4:30pm</i> | 20<br><i>Power<br/>Yoga<br/>8:30 am</i> | 21  | 22  |
| 23  | 24<br><i>Indoor<br/>Cycling<br/>8:15 am</i> | 25<br><i>Power<br/>Yoga<br/>8:30 am</i> | 26<br><i>Indoor<br/>Cycling<br/>4:30pm</i> | 27<br><i>Power<br/>Yoga<br/>8:30 am</i> | 28  | 29  |
| 30  | 31<br><i>Indoor<br/>Cycling<br/>8:15 am</i> |   |  |   |     |     |