

RECREATION FLEX PASS 18+
8 class-pass \$88

The Recreation Flex Pass may be used for an assortment of the 18+ Adult Fitness Classes. This pass allows you the flexibility to participate in a variety of classes without having to register for a full session. The Recreation Flex Pass does not expire until all 8 passes are used, and is good for the classes listed below only (this is a separate pass from the Adult Center 50+ Flex Pass). Participation in each class will be on a space available basis.

PARTICIPATING CLASSES:

CLASS	DAY	TIME	ROOM
Basic Yoga	M	6:00 – 7:00 pm	M-47
Boot Camp	M/W	7:05 - 8:05 pm	Weight Room
Boot Camp	T/Th	5:30 – 6:30 pm	Weight Room
Campbell Run Club	M/W	6:00 – 7:00 pm	CCC Track
Dance Fit	T/Th	12:30 - 1:30 pm	N-76
Flow Yoga Express	W	6:00 – 7:00 pm	C-35
Moderate Spin	M/W	7:30 – 8:15 pm	Fitness Ctr/Spin Rm
Pilates	M/W	6:00 - 7:00 pm	E-42
POP Pilates	W	7:00 - 8:00 pm	M-47
Power Pilates & Core	Sa	9:00 - 10:00 AM	M-50
Restorative Pilates	T/Th	6:00 - 7:00 pm	E-42
Spinning	T/Th	6:45 – 7:45 pm	Fitness Ctr/Spin Rm
Sunrise Pilates	M/W	6:00 – 7:00 AM	M-47
Sunrise Yoga	T/Th	6:00 – 7:00 AM	M-47
Zumba	W	4:30 - 5:30 pm	N-76

Rec Flex Pass users should plan to arrive a few minutes early and check in at the Weight Room *before* going to your class. Inform the Weight Room Staff which class you are attending when using your Flex Pass and the attendant will give you a classpass to hand to the instructor.

Please note: Participation in each class will be on a space available basis.

For questions: Jennifer Correia, 408-866-2768, jenniferc@cityofcampbell.com