

Buellton Rec Center

301 Second Street-Suite A, Jonata School

Call 688-1086, Office hours 12-6pm Monday-Friday

Find us on the web at www.cityofbuellton.com. Click on *Parks and Recreation*

Special \$30.00 for 30 days all access pass

ROOM B

Tai Chi: 9:30am Monday (Vet Hall Solvang), movement and balance-\$4per c

Pilates: 4:30pm Monday & Wednesday ,body strength- core muscle-\$4.50 per c

Abs & Assets: 8:30amWednesday/ 10:30am- Friday, power strength- 4 per c

PiYo: 9:40am Wednesday-mix of Pilates, Yoga, & Stretch-\$4.00per

Road Bike Cycle-Spin: 5:30pm Monday & Wednesday, 45min of endurance training-\$4per

Core-Strength: 8:00 am Tuesday/Thursday, balance and strength- \$4 per c

PiYo Express: 12:10pm-12:45pm, Tue/Thur, short mix pilates, Yoga/Stretch-\$2per c

Zumba: 5:15pmTuesday&Thursday, fun, Latin dance, aerobics- \$4.50per c

Pilates: 6:30pm Tuesday/Thursday, Core mat work- \$4.50 per c

Tai Chi: 8:00am Friday, balance and movement-\$4 per c

Step Aerobics/Sculpt: 8:00am-Saturday aerobics & sculpting -\$4 per c

Yoga: 8:00am Saturday, strength & breath-\$4per-(**ROOM A**)

Pilates: 9:10 am Saturday, strength, stretch & mat work -\$4.50per c

THE ZONE- \$1.00 per visit. Video games, ping-pong and more!

Monday 1:30-7pm Tuesday - Friday3:30-7:00pm & Saturday 2-5pm

WEIGHT ROOM \$3.00 per visit /10 visit pass for \$30/Monthly \$40.00

Weight Room: Adults only: Monday-Friday- 6-8am / 3-8pm Friday 3-7pm

Weight Room: Adults & High school: Mondays-Thurs- 3-5pm Friday 3-7pm

Weight Room: Adults & High school: Saturday 9am-5pm

Circuit Class: Wednesday/Friday 9:00am -full body workout

OPEN GYM FREE Everyone 17 yrs and under must have signed permission slip

Open Gym: M/W/F - 6-8am, Monday &Thursday - 7-9pm/ Saturday- 5-7pm

Open Gym: Fùtsal Saturday- 7-9pm

Open Fùtsal: (indoor soccer) **Wednesday 7-8pm** -14yrs & under

8-10pm-14yrs & up