

Buellton Rec Center

301 2nd Street-Suite A, Jonata School

Call 688-1086 Office Hours 12noon-6pm M-F

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

NEVER Any Contracts. NEVER Membership Fee. Just Fun!!!!

*****Everyday \$30/ 30 days*****

ROOM B

***Step Strength Sculpt: 9:00am** -Mondays –Core workout and balance-\$4.00

***Cycle Spin: 5:30pm**-Monday & Wednesday- 45 min indoor ride- \$4.00

***Cycle Spin: 6:00am**- Tuesday &Thursday- 45 min indoor spin- \$4.00

***Yoga: 5:30 pm**- Monday & Wednesday - Strength and breath \$4.00

***Zumba-Tone: 5:15pm**-Tuesday &Thursday- Latin Dance- \$4.50

***Pilates: 6:30pm** -Tuesday/Thursday-Core mat work - \$4.50

***Yoga: 8:00am**- Saturdays - Strength and breath -\$4.00

***Cycle Spin / Sculpt: 8:30am**- Saturday 30min ride w 30min Sculpting- \$4.00

WEIGHT ROOM \$3.00 per visit /10 pass 30.00/Monthly\$30.00

***Weight Room: Adult only:** Monday-Friday 6am-8am & 3-8pm, Friday 5-7pm

***Weight Room: Adults & High School:** Monday-Thursday 3pm-5pm

***Weight Room: Adults & HS:** Fridays Only 5pm-7pm

***Weight Room: Adult & High school:** Saturday 9-3pm

***Circuit Training:** Wednesday/Friday-9:00am, 55 minute Circuit training & Stretch -\$3.00

Session Classes—Fees Collected Separately (not part of 30/30)

Zumba: Monday & Wednesday 6:30pm \$5 per class \$40

Kundalini Yoga: Monday & Wednesday- 7:30pm \$5 per class or 40 per month

Tai Chi Relaxation: Tuesday & Thursday 8-9:30am \$30.00 for 8 classes

Tai Chi: Mondays-7:50am Movement & Balance-\$20 monthly

Kung Fu: Tuesday & Thursdays- 2:30-3:30pm Rec Center,\$40 4-6pm Vets Hall,\$60monthly

Kids Kenpo Karate: Tuesday & Thursday 4pm 7-17 yrs old \$65 per month

THE ZONE: Game Central- \$1 - Grades 6th – 12th

Open: Monday 1:30-6pm / Tuesday -Friday3-6pm

OPEN GYM

Monday	Wednesday	Thursday	Saturday
6-8am Adult Basketball	6-8am Adult Basketball		
	7-8pm Futsal 14 & Under	5-7pm Kids Only Basketball 3 rd – 8th	5-7pm Futsal
7-9pm Adult Basketball	8-10pm Futsal 14 & up	7-9pm Adult Basketball	7-9pm Adult Basketball