

**JEFFERSON COUNTY DEPARTMENT OF PARKS AND RECREATION
THURSDAY TOTAL BODY CONDITIONING SCHEDULE
HIGH RIDGE CIVIC CENTER
OCTOBER 2017**

OCTOBER 5 – 4:30 PM TO 5:30 PM

OCTOBER 12 – 4:30 PM TO 5:30 PM

OCTOBER 19 – 4:30 PM TO 5:30 PM

OCTOBER 26 – 4:30 PM TO 5:30 PM

(NEXT CLASS BEGINS THURSDAY, NOVEMBER 2, 2017)

**PLEASE CALL OUR PROGRAM CANCELATION HOTLINE IN CASE OF BAD
WEATHER – (636) 797-6101**