

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

**SEPTEMBER 7 – 4:30 PM TO 5:30 PM**

**SEPTEMBER 14 – 4:30 PM TO 5:30 PM**

**SEPTEMBER 21 – 4:30 PM TO 5:30 PM**

**SEPTEMBER 28 – 4:30 PM TO 5:30 PM**

**(NEXT CLASS BEGINS THURSDAY, OCTOBER 5, 2017)**

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