

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

NOVEMBER 2 – 4:30 PM TO 5:30 PM

NOVEMBER 9 – 4:30 PM TO 5:30 PM

NOVEMBER 16 – 4:30 PM TO 5:30 PM

NOVEMBER 23 – NO CLASS (THANKSGIVING)

NOVEMBER 30 – 4:30 PM TO 5:30 PM

(NEXT CLASS BEGINS THURSDAY, DECEMBER 7, 2017)

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