

**JEFFERSON COUNTY DEPARTMENT OF PARKS AND RECREATION  
THURSDAY TOTAL BODY CONDITIONING SCHEDULE  
HIGH RIDGE CIVIC CENTER  
APRIL 2018**

**APRIL 5 – 4:30 PM TO 5:30 PM**

**APRIL 12 – 4:30 PM TO 5:30 PM**

**APRIL 19 – 4:30 PM TO 5:30 PM**

**APRIL 26 – 4:30 PM TO 5:30 PM**

**(NEXT CLASS BEGINS THURSDAY, MAY 3, 2018)**

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