

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

**MARCH 1 – 4:30 PM TO 5:30 PM**

**MARCH 8 – 4:30 PM TO 5:30 PM**

**MARCH 15 – 4:30 PM TO 5:30 PM**

**MARCH 22 – 4:30 PM TO 5:30 PM**

**MARCH 29 – 4:30 TO 5:30 PM**

**(NEXT CLASS BEGINS THURSDAY, APRIL 5, 2018)**

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