

FREE TRY-IT-WEEK: SEPTEMBER 9 - SEPTEMBER 14

The classes listed below are participating in the Free Try-It-Week. If you would like to try one that is listed, please check the time location and day and show up for that class. Advanced registration is NOT necessary.

DAY OF THE WEEK	HARTLAND COMMUNITY CENTER 100 E. Park Ave, Hartland	DELAFIELD FISH HATCHERY 417 Main St, Delafield	LITTLE RED SCHOOL HOUSE N35W29288 North Shore Dr, Hartland	VILLAGE BOARD ROOM 210 Cottonwood Ave, Hartland
MONDAY	Barre Strength, 7:15 - 8:15 AM Barre Stretch, 8:30 - 9:30 AM Qi Gong, 11:30 AM - 12:30 PM Barre Strength, 5:45 - 6:45 PM Intro to Meditation, 6:30 - 6:55 PM Relax, Renew, Rejuvenate, 7:00 - 7:25 PM Designing the Life of Your Dreams, 7:30 - 7:55 PM	Moderate Yoga, 8:30 - 9:45 AM Gentle Yoga, 10:00 - 11:00 AM Nia, 12:00 - 1:00 PM Alignment Yoga, 5:30 - 6:30 PM Irish Dance for Adults, 7:00 - 8:00 PM Adv. Irish Dance for Adults, 8:00- 9:30 PM		
TUESDAY	Yoga in the Park, 7:15 - 8:15 AM Yoga for Life, 8:45 - 10:00 AM Chair Yoga, 10:15 - 11:00 AM Yoga for Life, 5:45 - 7:00 PM	Yoga Strength, 9:00 - 10:00 AM Zumba, 6:00 - 7:00 PM		
WEDNESDAY	Core Yoga, 8:30 - 9:30 AM Senior Fitness, 9:45 - 10:45 AM Barre Strength, 5:45 - 6:45 PM	Moderate Yoga, 8:30 - 9:45 AM Gentle Yoga, 10:00 - 11:00 AM Alignment Yoga, 6:00 - 7:00 PM		
THURSDAY	Barre Strength, 7:15 - 8:15 AM Yoga for Life, 8:45 - 10:00 AM Chair Yoga, 10:15 - 11:00 AM Yoga for Life, 5:45 - 7:00 PM	Zumba Toning, 6:00 - 7:00 PM		
FRIDAY	Core Yoga, 8:30 - 9:30 AM Senior Fitness, 9:45 - 10:45 AM Bridge Play & Learn, 9:30 AM - 12:30 PM		Heads Up Yoga, 9:00 - 9:45 AM	Bridge, 9:00 AM - 12:30 PM
SATURDAY	Irish Dance for Youth, 10:30 - 11:30 AM			

For more information contact the Hartland Recreation Department at
262-367-0352 or kellyy@villageofhartland.com.

villageofhartland.com

