

October 2013 - Fitness with Leander

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 5:45pm  7pm	2  5:45pm & 7pm	3  5:45 pm  7:00 pm	4 Zumba Flash Mob at 6:00 pm	5
6	7  5:45pm & 7pm	8  5:45pm  7pm	9  5:45pm & 7pm	10  5:45 pm  7:00 pm	11 <i>Vegas Stiletto Fitness</i>  8—9:30 pm	12
13	14 No Classes Columbus Day	15  7pm	16  5:45pm & 7pm	17  7:00 pm	18	19
20	21  5:45pm & 7pm	22  12:05 pm & 5:45pm  7pm	23  5:45pm & 7pm	24  12:05 pm & 5:45 pm  7:00 pm	25	26 Fitness Extravaganza
27	28  5:45pm & 7pm	29  12:05 pm & 5:45 pm  7pm	30  5:45pm & 7pm	31 No Classes Happy Halloween		



ZUMBA
FITNESS



YOGA



ZUMBA
toning

Vegas Stiletto Fitness



Bokwa
FITNESS

Leander Public Library 1011 Bagdad Rd, Leander TX

Zumba : Mondays and Wednesdays

Yoga : Tuesdays and Thursdays

Leander Parks and Recreation 406 Municipal Drive, Leander TX

Zumba Toning : Tuesdays **Bokwa** : Thursdays

*Please bring weights up to 3lbs for Zumba Toning

October 26th — Fitness Extravaganza

100% of the proceeds will be donated to Susan G.

Komen Race for the Cure

Where: Bledsoe Park Basketball Court

Cost: \$10.00

Zumba 8:30-9:30 am

Yoga 9:30-10:00 am

October 11th — Vegas Stiletto Fitness

(This is not a Leander Parks and Recreation event)

Where: FuzeMove

475 Round Rock West Suite 140

Round Rock TX 78653

Cost : \$20.00 **Minimum of 6 participants**

To Reserve your spot pay April or Cindy by October 10th.

Fees: \$5 per class or \$45 for 10 class FitCard

Cash and Checks made to “City of Leander” (Correct Change Appreciated)

Socks or Shoes required at all times for Zumba.

Find us on Facebook:

www.facebook.com/LeanderParksandRecreation

Zumba(r) with Cindy G

Leander Parks and Recreation



For more information call 512-528-9909

www.leandertx.gov