

# Plymouth Park Department

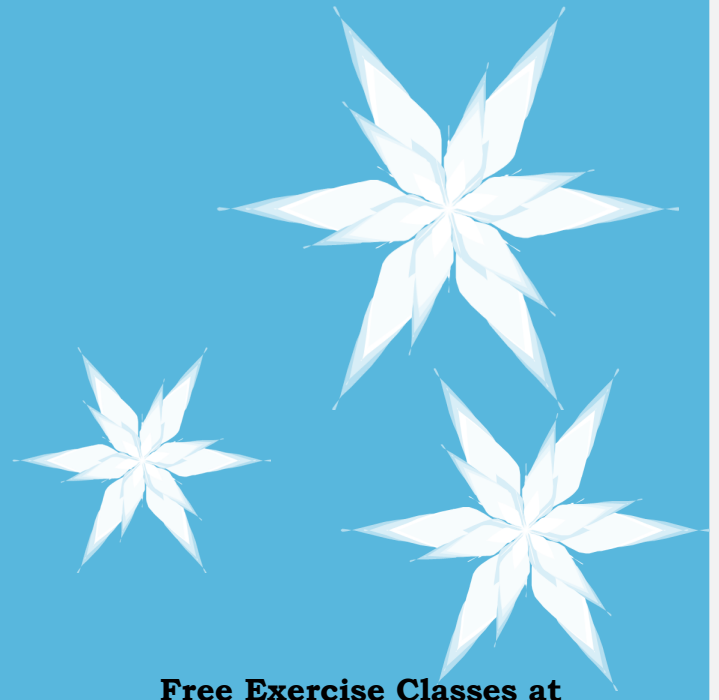
## January 2020 Newsletter

First and foremost, Happy New Year! Your Park Department hopes that the holidays treated you well and you're ready for a great 2020 at the Park!

For those that set resolutions, or are just looking to get back to working out, our exercise classes will all be back to normal starting January 6th! Come enjoy some free classes!

February brings us Valentine's Day and the Daddy Daughter Dance. The dance will happen on February 15th from 6:00-8:00pm at Christos Banquet Center. Join us to boogie, eat some snacks, and have your picture taken! Tickets are \$10 for 1 dad and 1 daughter. Each additional daughter will cost \$2. Tickets will go on sale January 22nd! Space is limited so make sure to get your tickets early.

For additional information contact, Recreation Director, Allie Shook at 574-936-7255 or at [parkrec@plymouthin.com](mailto:parkrec@plymouthin.com).



### **Free Exercise Classes at Webster Recreation Center!**

#### **Monday & Tuesday morning**

11:30am-12:15pm

Senior Fit

*(must sign up with Danielle LeFleur, St. Joe Med Center, before attending first class 574-335-4691)*

#### **Monday & Wednesday evenings**

6:00-6:45 Walk & Rock

6:50-7:30 HIIT/Stretch-Flexibility

#### **Monday, Wednesday & Thursday**

10:30-11:15am

Young at Heart

#### **Thursday evenings**

5:30-6:15 Circuit Training

*Also, every weekday morning the Webster Center is open from 8:30am-11:00am for walking.*

*\*The Webster Center can be closed because of a rental. A sign will be posted on door if closed.*

