

# St. Matthew's Rec Center

31 W Academy St., Williamstown, NJ 08094

☎ 856.629.2050 🌐 [www.smreccenter.com](http://www.smreccenter.com) ✉ [cdcreception@stmatthewsbc.com](mailto:cdcreception@stmatthewsbc.com)

## Monday

### Gentle Body

8:15am w/Darlene

### Sit N' Stretch

9:15am w/Darlene

### ZUMBA Gold

9:30am w/Katie

### Indoor Cycling

10am w/Darlene

### Silver Circuit

10:15am w/Katie

### Line Dancing

11am w/Darlene

### Kickboxing

5:30pm w/Kim

## Thursday

### Gentle Body

8:15am w/Darlene

### Sit N' Stretch

9:15am w/Darlene

### Indoor Cycling

10am w/Darlene

### Line Dancing

11am w/Darlene

### Chair Plus

12pm w/Katie

### Power Pump

5:30pm w/Kim

## Tuesday

### Circuit

9am w/Darlene

### Fit-4-Life

10:30am w/Sue

### Chair Plus

12pm w/Katie

### Line Dancing

5:30pm w/Darlene

## Friday

### Core N' More

8:15am w/Sue

### Circuit

9am w/Darlene

### ZUMBA Gold

9:30am w/Katie

### Silver Circuit

10:15am w/Katie

## Wednesday

### Body Fit

9am w/Sue

### Fit-4-Life

10:15am w/Sue

### Silver Circuit

11am w/Sue

### Power Pump

5:30pm w/Kim

## Saturday

### Kickboxing

9:30am w/Kim

### Line Dancing

9:30am w/Darlene



## Facility Hours

### Monday to Friday

8am - 6:30pm

### Saturday

8am - 2pm

## Pool Hours

**Temporarily Closed**

We are  
**CLOSED** on  
Sundays!



# Pickleball

## Beginner

Mon - Fri

12 - 2pm

## Advanced

Mon - Fri

8 - 10am

## Recreational

Mon & Fri

4 - 6pm

## Intermediate

Mon - Fri

10am - 12pm

Tues - Thurs

2 - 4pm

## Drills & Skills

Mon & Fri

2 - 4pm

## Meetup

- Visit [www.meetup.com](http://www.meetup.com) or download the Meetup app
- Keyword "Pickleball"
- Location "Williamstown"
- Search for & Join desired session



## PICKLEBALL TOURNAMENTS

Interested in competing in a Pickleball Tournament?

**Check your email regularly for updates!**



*Elevate your Game!  
Join the "Drills and Skills" session on Meetup today!*