

**THE REC center**  
FAMILY RECREATION & FITNESS CENTER

**PLEASE READ!!!**  
Members & Guests

As a courtesy:  
Please bring a secondary pair of shoes  
to wear while you workout.

Thank you,  
REC Center Management

01.jpg

**F.I.T.**  
MON., WED. & FRI. ~ @ 5:15AM

02.jpg

**C&M**  
Cooling • Heating • Plumbing

- HVAC
- Plumbing
- Cooling • Heating • Plumbing
- New Construction
- Retiree Discount
- 104 E. Gray St. | Mt. Pleasant
- 319-385-4125

Financing Available!

319-385-4125

03.jpg

**Senior Bootcamp**  
Monday, Wednesday & Friday  
@ 10:00am

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**Kimzey**  
*Funeral Home*

Enjoy The Rec Center often -  
We can wait!

213 North Main Street  
Mount Pleasant  
**319-385-2244**  
www.kimzeyfh.com

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**Yoga**

**Mon/Wed 4:45pm**    **Tue/Thu 6:30am**

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**HAPPY BIRTHDAY**  
Celebrating all our  
April birthdays!

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**SHelter INSURANCE**

**Steve Engberg**  
110 W. Washington  
385-4159

ShelterInsurance.com  
1-800-SHELTER

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**Mt. PLEASANT TIRE**  
(319) 385-3022

**SERVICES:**

- A/C and Heating Repair
- Battery Replacement
- Brake Service
- Oil Change
- Steering and Suspension
- Wheel Alignments

1305 E WASHINGTON ST | Mt. PLEASANT, IA 52641    www.MTPLEASANTTIRES.COM

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**CHAIR YOGA**  
 Fridays  
 9:15 am

THE REC center

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**LANCE REFUSE SERVICE, INC.**  
 2756 Kentucky Ave  
 Mt Pleasant, IA  
 319-986-6826

We offer **COLLECTION** and **DISPOSAL** services for residential and commercial customers.

We focus on **EFFICIENT** and **RELIABLE** waste removal.

THE REC center

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**CARDIO PUMP**  
 Tues/Thurs @ 5:15am

THE REC center

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**BOOT CAMP**  
 Tues/Thurs @ 5:30pm

Traditional Strength Training Class

THE REC center

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Want to **OWN** this Ad Space?  
 Call Us  
 815-872-5040

Visual Solutions

Together we will grow your business!

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**AGE REQUIREMENTS FOR:**  
**CARDIO, STRENGTH TRAINING & GROUP EXERCISE AREAS**

- Youth must be 15 years of age to utilize the areas alone
- Youth ages 13-14 years old must be supervised by an adult age 18+ at all times
- Children 12 years of age & under are not permitted in these areas unless they are enrolled in a Rec Center program/event

THE REC center

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**AQUAFIT**  
 Mon/Wed/Friday @ 8:30 am

16.jpg

**Anne Davidson**  
 319-986-5433  
 Here to help life go right.®

State Farm®

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**Beginning Lifters**  
 The Weight Room is Open!  
 13 & 14 year olds may utilize the weight room  
**Monday-Friday 8:00am-4:30pm**  
 Sign in at the front desk is required.

THE REC center

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Monday/Wednesday/Friday  
@ 8:30am and 9:15am

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### Mt. Pleasant Tire & Service

We Keep U Rolling

- Tires
- Brakes
- Tune-ups
- Complete Auto Service

1305 East Washington • Mt. Pleasant  
319-385-3022

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Tuesday & Thursday  
9:30 a.m.

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**From The Heart**  
Flowers & Gifts  
Every gift means more when it's from the heart!

**(319) 385-7400** 116 SOUTH MAIN  
MOUNT PLEASANT, IA  
[www.fromtheheartflowersandgifts.com](http://www.fromtheheartflowersandgifts.com)

Whether you prefer a look that is  
Classic and Traditional,  
Modern and Trendy,  
Soft and Romantic,  
or Unusual and Offbeat, at  
"FROM THE HEART FLOWERS & GIFTS"  
WE customize designs with YOU in mind!

Facebook

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**SilverSneakers**

Tuesday & Thursday  
8:30 a.m.

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**GID** Gamrath • Doyle • Vens  
A Tradition of Insurance Excellence

**AUTO INSURANCE**  
Protect against a financial loss in the event of an accident.

319-385-4240  
1016 E Washington St, Suite 201  
Mt. Pleasant

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**THE REC**  
FAMILY RECREATION & FITNESS CENTER

Check out our  
**Pop Up Class Schedule!**

Visit the Front Desk for all  
Current Pop Up Classes.

**THE REC**  
FAMILY RECREATION & FITNESS CENTER

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**POUND Class**

**THE REC**  
FAMILY RECREATION & FITNESS CENTER

See GroupX schedule  
for dates and times

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**WHALEY AUTO WORKS**  
Owner: Vegas Whaley

Brake Service • Oil Service

- Auto Repair & Service
- Diagnostic
- Exhaust
- Auto Body & Repair
- Insurance Estimates

319-385-2930  
915 W. Washington • Mt. Pleasant

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