

## CRC Fitness Class Schedule (Upstairs classroom)

	5:30AM	8:00AM	9:00AM	10:00AM	11:00AM	4:00PM	5:00PM	6:15PM
<b>MON</b>	<b>Belly Busters Step</b> Christina	<b>Power Pilates</b> Vickie	<b>Kick Off The Week</b> Vickie	<b>Gentle Yoga</b> Kendra	<b>ZUMBA Latin Dance</b> Janine	<b>ZUMBA</b> Teresa	<b>POUND</b> Janine	<b>Cardio/Strength Training</b> Cynthia
<b>TUE</b>	<b>Belly Busters Toning</b> Christina	<b>Flexible Fitness</b> Vickie	<b>ZUMBA Gold</b> <i>9:15AM</i> Deborah	<b>Fabulously Fit</b> <i>10:15AM</i> Polly	<b>Beg./Cont. Yoga</b> <i>11:15AM</i> Shawna	<b>ZUMBA</b> Janine	<b>BARRE</b> Monique	<b>Boot Camp Exercise</b> Cynthia
<b>WED</b>	<b>Belly Busters Step</b> Christina	<b>Firm Results Toning</b> Vickie	<b>Step Into Fitness</b> Vickie	<b>Gentle Yoga</b> Kendra	<b>ZUMBA Latin Dance</b> Janine		<b>POUND</b> Janine	<b>ZUMBA Latin Dance</b> Alicia
<b>THU</b>	<b>Belly Busters Toning</b> Christina	<b>Energizing Stretch</b> Katherine	<b>ZUMBA Gold</b> <i>9:15AM</i> Deborah	<b>Fabulously Fit</b> <i>10:15AM</i> Polly	<b>Beg./Cont. Yoga</b> <i>11:15AM</i> Shawna	<b>ZUMBA</b> Janine	<b>BARRE</b> Monique	<b>Floor / Step Aerobics</b> Cynthia
<b>FRI</b>	<b>Strong By ZUMBA</b> Christina	<b>Firm Results Toning</b> Vickie	<b>Step Into Fitness</b> Vickie		<b>ZUMBA Combo</b> Patricia			
<b>SAT</b>			<b>Good Morning Yoga Flow</b> Cami	<b>BARRE</b> Monique	<b>ZUMBA</b> Teresa			

### Courts 3 or 4

	MON	TUE	WED	THU	FRI
<b>9:00AM</b>	H.I.I.T. Polly		H.I.I.T. Polly		H.I.I.T. Polly
<b>9:00AM</b>	SS Classic Janine		S&F Exper. Patricia		SS Classic Janine
<b>10:00AM</b>	SS Classic Janine		SS Classic Janine		SS Classic Janine
<b>11:15AM</b>					SS Yoga Janine
<b>5:00PM</b>		Tai Chi Maria		Tai Chi Maria	