

# CRC Fitness Class Schedule

## Upstairs Classroom

## Courts 3 & 4

	5:30AM	8:00AM	9:00AM	10:00AM	11:00AM	12:30PM	4:00PM	5:00PM	6:15PM	9 AM	9 AM	10 AM	11:15AM	5 PM
<b>MON</b>	Belly Busters Step Christina	Power Pilates Vickie	Kick Off The Week Vickie	Gentle Yoga Kendra	ZUMBA Latin Dance Janine	Gentle Yoga Kendra	ZUMBA Latin Dance Teresa	Pound Janine	Cardio/strength training Cynthia	H.I.I.T. Polly	SS Classic Janine	SS Classic Janine		
<b>TUE</b>	Belly Busters Toning Christina	Flexible Fitness Vickie	ZUMBA Gold 9:15AM Deborah	Fabulously Fit 10:15AM Polly			ZUMBA Latin Dance Janine	BARRE Kay	Boot Camp Exercise Cynthia	RIPPED Debbie				Tai Chi Maria
<b>WED</b>	Belly Busters Step Christina	Firm Results Toning Vickie	Step Into Fitness Vickie	Gentle Yoga Kendra	ZUMBA Latin Dance Janine			POUND Janine	ZUMBA Latin Dance Alicia	H.I.I.T. Polly	S&F Exper. Patricia	SS Classic Janine		
<b>THU</b>	Belly Busters Toning Christina	Energizing Stretch Katherine	ZUMBA Gold 9:15AM Deborah	Fabulously Fit 10:15AM Polly			ZUMBA Latin Dance Janine	BARRE Kay	Floor/Step aerobics Cynthia	RIPPED Debbie				Tai Chi Maria
<b>FRI</b>	Strong By ZUMBA Christina	Firm Results Toning Vickie	Step Into Fitness Vickie	Gentle YOGA Eva Marie	ZUMBA Combo Nicole					H.I.I.T. Polly	SS Classic Janine	SS Classic Janine	SS Yoga Stretch Janine	
<b>SAT</b>		ZUMBA Alicia	Gentle YOGA Janine	BARRE Kay	ZUMBA Teresa									

T/TH 9AM R.I.P.P.E.D. begins 3/24/19