# CRC FitnessClasses

## Upstairs Classes

## *Courts 3 & 4*

| | 5:30AM | 7:00AM | 8:00AM | 9:00AM | 10:00AM | 11:00AM | 12:30PM | 4:00PM | 5:00PM | 6:15PM | *9 AM* | *9 AM* | *10 AM* | *11:15AM* | *6:00PM* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| MON | **Belly Busters Step**<br>**Christina** | **Flexible Stretch**<br>**Debbie** | **Power Pilates**<br>**Vickie** | **Kick Off The Week**<br>**Vickie** | **Gentle Yoga**<br>**Kendra** | **ZUMBA Latin Dance**<br>**Janine** | **Gentle Yoga**<br>**Kendra** | | **POUND**<br>**Janine** | **Cardio/ Stretch Training**<br>**Cynthia** | ***H.I.I.T.***<br>***Polly*** | ***SS Classic***<br>***Janine*** | ***SS Classic***<br>***Janine*** | | |
| TUE | **Belly Busters Toning**<br>**Christina** | **Cardio/ Sculpt**<br>**Debbie** | **Flexible Fitness**<br>**Vickie** | **ZUMBA Gold**<br>***9:15AM***<br>**Deborah** | **Fabu-lously Fit**<br>***10:15AM***<br>**Polly** | **ZUMBA Latin Dance**<br>***11:15AM***<br>**Brenda** | | **ZUMBA Latin Dance**<br>**Janine** | **BARRE**<br>**Kay** | **Boot Camp Exercise**<br>**Cynthia** | | | | | |
| WED | **Belly Busters Step**<br>**Christina** | | **Firm Results Toning**<br>**Vickie** | **Step Into Fitness**<br>**Vickie** | **Gentle Yoga**<br>**Kendra** | **ZUMBA Latin Dance**<br>**Janine** | **Gentle Yoga**<br>**Kendra** | | **POUND**<br>**Janine** | | ***H.I.I.T.***<br>***Polly*** | ***S&F Exper.***<br>***Patricia*** | ***SS Classic***<br>***Janine*** | | |
| THU | **Belly Busters Toning**<br>**Christina** | | **Weight to Stretch**<br>**Debbie** | **ZUMBA Gold**<br>***9:15AM***<br>**Deborah** | **Fabu-lously Fit**<br>***10:15AM***<br>**Polly** | | | **ZUMBA Latin Dance**<br>**Janine** | **BARRE**<br>**Kay** | **Floor/ Step Aerobics**<br>**Cynthia** | | | | | ***Tabata H.I.I.T.***<br>***Kay*** |
| FRI | **Strong By ZUMBA**<br>**Christina** | | **Firm Results Toning**<br>**Vickie** | **Step Into Fitness**<br>**Vickie** | **Gentle Yoga**<br>**Eva Marie** | **ZUMBA Combo**<br>**Teresa** | | | | | ***H.I.I.T.***<br>***Polly*** | ***SS Classic***<br>***Janine*** | ***S&F Exper.***<br>***Patricia*** | ***SS Yoga Stretch***<br>***Janine*** | |
| SAT | | | **ZUMBA**<br>**Alicia** | **Gentle YOGA**<br>**Janine** | **BARRE**<br>**Kay** | | | | | | | | | | |