CRC Fitness Classes

	5:30AM	8:00AM	9:00AM	10:00AM	11:00AM	12:15PM	4:00PM	5:00PM	6:15PM	*9:00AM Ct. #3*	*9:00AM Ct. #4*
MON	Step/ Strong Nation Christina	Firm Results Toning Vickie	Kick Off The Week Vickie	Gentle Yoga Leah	ZUMBA Latin Dance Janine	Gentle Yoga Janine		POUND Janine	Abs/Thighs & Butt Blaster Cynthia	*SS Classic* *Janine*	*H.I.I.T.* *Polly*
TUES	Toning With Weights Christina	Flexible Fitness Vickie	Fabulou-sly Fit Polly	ZUMBA Gold Janine			ZUMBA Latin Dance Janine	Barre Kay	Step Cynthia		
WED		Firm Results Toning Vickie	Step Into Fitness Vickie	Gentle Yoga Eva Marie	ZUMBA Latin Dance Janine		ZUMBA Toning Janine	Gentle Yoga Janine		*S&F Exper.* *Patricia*	*H.I.I.T.* *Polly*
THUR	Toning With Weights Christina		Fabulou-sly Fit Polly	ZUMBA Gold Janine			ZUMBA Latin Dance Janine	BARRE Kay	Body Toning Cynthia		
FRI	Strong Nation Christina	Firm Results Toning Vickie	Step Into Fitness Vickie	Gentle Yoga Eva Marie	ZUMBA Gold Janine					*S&F Exper.* *Patricia*	*H.I.I.T.* *Polly*
SAT		Barre Kay	Gentle Yoga Leah								