

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		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	<u>Fabulously</u> Fit Polly	ZUMBA Gold Janine	Upper Body Toning Melody		ZUMBA Latin Dance Janine	Barre Kay	Step Cynthia	Balance & Mobility Melody	
WED	Step/Strong Nation Christina	Firm Results Toning Vickie	Step Into Fitness Vickie	Gentle Yoga Kendra/ Eva Marie	ZUMBA Latin Dance Janine		ZUMBA Toning Janine	Gentle Yoga Janine		S&F <u>Exper.</u> Patricia	H.I.I.T. Polly
THUR	Toning With Weights Christina	Stretch Melody	<u>Fabulously</u> Fit Polly	ZUMBA Gold Janine	Gentle Yoga Eva Marie		ZUMBA Latin Dance Janine	BARRE Kay	Body Toning Cynthia	Balance & Mobility Melody	
FRI	Strong Nation Christina	Firm Results Toning Vickie	Step Into Fitness Vickie	Gentle Yoga Eva Marie	ZUMBA Gold Janine					S&F <u>Exper.</u> Patricia	H.I.I.T. Polly
SAT		Barre Kay	Gentle Yoga Leah	Upper Body Toning Melody							