

Finals Week Group Fitness Schedule

Fall 2017

December 7 - 15, 2017

FREE FOR ALL CRC MEMBERS



Studio B	12/7/16	12/8/16	12/9/16	12/10/16	12/11/16	12/12/16	12/13/16	12/14/16	12/15/16
Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 - 7:30 am					Indoor Cycling Eric L		Indoor Cycling Eric L		
11:15-12:00pm			Yoga Flow Niki						
12:00 - 12:45 pm					Interval Training Becky				
4:15 - 5:00 pm									
5:00 - 5:45 pm						Power Yoga Will			
5:45 - 6:30 pm	Ride N Glide Eric/Warin				Spin & Screen Eric M & Eric L (5:30 set-up, 5:45 movie start)		Cycle/Abs Eric M	Ride N Glide Eric M./Warin	
6:30 - 7:45 pm									
6:00-6:45pm						Gravity Group Eric L			
7:45 - 8:30 pm							Yin Yang Yoga Niki		

Studio C	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 12:45 pm	Core and More Saidah	HITT Lindsay				Lift Saidah		Core and More Saidah	
12:15-1:00pm							Boot Camp Becky		
5:00 - 5:45 pm	Traditional Yoga Vishnu							Traditional Yoga Vishnu	
6:15 - 7:00 pm					Yoga Flow Will				
7:15 - 8:00 pm					Mindful Movement Will		Mindful Movement Will		

Fitness Center & CRC Lobby	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
12:15 - 1:00 pm	TreadFit Becky Fitness Floor					TreadFit Becky Fitness Floor		TreadFit Becky Fitness Floor	

Instructors, class formats and class locations subject to change