

SUMMER 2024 GROUP FITNESS SCHEDULE

- SCHEDULE: MAY 13 - JULY 20
- SUMMER PRICE: REDUCED TO \$25 FOR BOTH STUDENTS AND NON-STUDENTS
- REGISTRATION INFORMATION BELOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycling 11 – 11:45 a.m. Stephanie – <i>Cycling</i>	No Limits Conditioning 7 – 7:45 a.m. Michael – <i>Studio B</i>	Yoga Flow 11:45 a.m. – 12:30 p.m. Nancy – <i>Studio A</i>	No Limits Conditioning 7 – 7:45 a.m. Michael – <i>Studio B</i>	Sport Athletic Training 12 – 12:45 p.m. Saidah – <i>Studio B</i>	Flow Yoga 9 – 9:45 a.m. Niki – <i>Reflection Center</i>
WOD 4:30 – 5:15 p.m. Will – <i>Studio B</i>	Lift 12 – 12:45 p.m. Saidah – <i>Studio C</i>	Express HIT 5 – 5:30 p.m. Saidah – <i>Studio A</i>	Zumba 11 – 11:35 a.m. Dana – <i>Studio C</i>		
Power Hour 5:45 – 6:30 p.m. Kiely – <i>Studio C</i>	Yoga Flow 5 – 5:45 p.m. Nancy – <i>Studio A</i>	Yoga Flow 7 – 7:45 p.m. Niki – <i>Studio A</i>	Core & More 12 – 12:45 p.m. Saidah – <i>Studio C</i>		
	Yoga Flow 6 – 6:45 p.m. Nancy – <i>Studio A</i>		Body Tone & Abs 5 – 5:45 p.m. Dana – <i>Studio C</i>		
			Aqua Fitness 6 – 6:45 p.m. Dana – <i>Leisure Pool</i>		

CLASS TYPES

STRENGTH

CARDIO

COMBO

MIND-BODY

NOW ONLY \$25!

REGISTER ONLINE AND LOOK FOR UP-TO-DATE EVENTS BY SCANNING THE QR CODE



Participation in classes requires a CRC membership and Group Fitness Pass.
 Preregistration for fitness classes is encouraged, as space is limited. Click on Register link in table (Purchase on MYCRC) to register.
 For safety, no one will be admitted into any Fitness class after the first 10 minutes (5 minutes for 30-minute class)–NO EXCEPTIONS.
 No classes 5/27, 6/19, after 1:00 pm on 7/3, or 7/4
 Instructors, class formats and class locations subject to change.
 Classes may be cancelled due to low attendance.
 Classes are non-refundable or transferable.