



CREC 2018 WINTER FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 to 7		Spin 6-7am			Spin 6-7am	Spin 6:15-7:15am
7 to 8						Spin 7:30-8:30am
8 to 9						Vinyasa (all levels) 8:45-9:45am
9 to 10	Silver Sneakers Yoga 9-9:50am	Pilates 9-10am	Senior Cycle 9-9:50am	Silver Sneakers Yoga 9-9:50am	Barre 9-10am	
10 to 11	Silver Sneakers Classic 10:10-11	Zumba Gold 10:10-11am	Silver Sneakers Classic 10:10-11	Dance Party 10-11am	Silver Sneakers Classic 10:10-11am	
11 to 12			T'aiChiChih 11:30- 12:30	Balance & Agility 11:30-12:20pm		
12 to 1						
1 to 2						
2 to 3						
3 to 4						
4 to 5						
5 to 6		TotalBodyStretch 4:30- 5:30	Silver Sneakers Yoga for Arthritis 4:30-5:20			
6 to 7	Barre 6-7pm	Hatha 6-7pm	Barre 6-6:50pm	Spin 6-6:50pm		
7 to 8	Spin 7:15-8:05pm	Hatha 7-8pm	Pilates 7-8pm	T'aiChiChih 7-8pm		