



CREC 2019 SUMMER FITNESS SCHEDULE

TIME	MONDAY 8/20-10/1*	TUESDAY 8/14 - 9/18	WED 8/22 - 9/26*	THURSDAY 8/16 - 9/20	FRIDAY 8/17 - 9/21	SATURDAY 8/18 - 9/22
6 to 7		Cycle&Core 6-7am			Cycle 6-7am	
7 to 8						Cycle 7:30-8:30am
8 to 9						
9 to 10		Pilates 9-10am	Beginner Cycle &Stretch 9 - 9:50am		Barre 9-10am	
10 to 11		Zumba Gold 10:10-11am		Dance Party 10-11am		
11 to 12	Silver Sneakers Yoga 11:15am-12:05pm		T'aiChiChih 11:30- 12:30	Balance & Agility 11:30-12:20pm	Silver Sneakers Yoga 11:15am-12:05pm	
12 to 1						
1 to 2						
2 to 3		Senior Circuit (Silver Sneakers) 2-2:50pm				
3 to 4						
4 to 5						
5 to 6	Silver Sneakers Boom Mind 4:30-5:20pm		Silver Sneakers Boom Mind 4:30- 5:20pm	SlvrSnkrs Chair Yoga for Arthritis 4:30-5:20		
6 to 7	Barre 6-7pm	Hatha Yoga 6-7pm				
7 to 8		Hatha Yoga 7-8pm	Pilates 7-8pm	T'aiChiChih 7-8pm		