

# CRC OCTOBER GROUP FITNESS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS ROOM	6:20AM		SPIN & STRENGTH/LEEANNE	CORE GALORE/MADIBA-MYLENE	TOTAL BODY/JEANINE	PILATES W/PROPS /MADIBA-MYLENE	SPIN & TONE/JEANINE
	7:30AM		BARRE CONCEPTS/JEANINE	^TOTAL BODY W/ A BALL /JEANINE	BARRE CONCEPTS/JEANINE	TOTAL BODY/JEANINE	BARRE CONCEPTS/JEANINE
	8:40AM		SPIN & STRENGTH/LEEANNE	HIIT/KATIE P	^LINE DANCE/SHERI	HIIT/KATIE P	^SIT & BE FIT/LEEANNE
	9:50AM		^SIT & BE FIT/MICHAEL	^BODY BALANCE STRETCH /SHERI	SPIN & STRENGTH/LEEANNE	^POWERTONE/SHERI	SPIN & STRENGTH/LEEANNE
	11:00AM	^ZUMBA GOLD/ROBBIN	^YOGA FLOW/RONA	^SIT & BE FIT/RONA	^POWERTONE/SHERI	^SIT & BE FIT/LEEANNE	LINE DANCE/ROZALI
	12:10PM	^SILVER SNEAKERS YOGA /LAUREN	^TAI CHI/RICK	^QIGONG/RICK	^TAI CHI/RICK	UNAVAILABLE	INTERMEDIATE LINE DANCE /ROZALI
	1:20PM		TAI CHI 108/RICK	^BASIC STEP AEROBIC/VIOLET	TAI CHI 108/RICK	^CHI KUNG/VIOLET	
	2:20PM			^BASIC TAI CHI/VIOLET		^TAI CHI/VIOLET	
	3:30PM		^BEGINNER LINE DANCE /ROZALI	^SIT & BE FIT/VIOLET			INTERMEDIATE LINE DANCE /ROZALI
	4:00PM			4:30 INTERMEDIATE LINE DANCE /KAREN	^ZUMBA/LAUREN	4:30 INTERMEDIATE LINE DANCE /KAREN	^ZUMBA/LAUREN
STUDIO	5:00PM		TAEKWONDO/EXTRA FEE	^5:30 LINE DANCE/KAREN	TAEKWONDO/EXTRA FEE	^5:30 LINE DANCE/KAREN	
	6:00PM		TAEKWONDO/EXTRA FEE		TAEKWONDO/EXTRA FEE		
	10:15AM		^SILVER SNEAKERS/VERA		^SILVER SNEAKERS/VERA		
	7:30AM	^YIN YOGA/KATIE D	^YOGA STRETCH/LEEANNE	^SLOW FLOW/KATIE D	^YOGA STRETCH/LEEANNE	^YOGA STRETCH/LEEANNE	^PILATES STRETCH/LEEANNE
	8:40AM	^COZY YOGA/KATIE D	^YIN YOGA/KATIE D	CONNECT-RELEASE-EMPOWER /KATIE D	^GENTLE YOGA/SARA	^PILATES STRETCH/LEEANNE	^ROLL IT OUT/SARA
	9:50AM		CONNECT-RELEASE-EMPOWER /KATIE D	^YIN YOGA/KATIE D	^RESTORATIVE YOGA/SARA	^WALL YIN YOGA/KATIE D	^YIN YOGA/SARA
	11:00AM		^GENTLE YOGA/KATIE D		^YIN YOGA/KATIE D	^COZY YOGA/KATIE D	^YOGA NIDRA&MEDITATION /SARA
	3:00PM					^GENTLE YOGA/SARA	
	4:10PM					^RESTORATIVE YOGA/SARA	
	5:30PM		FLOW THROUGH HATHA/NICOLE		^YOGA FLOW/ALLI		
POOL	9:10AM		^AQUA AEROBIC CARDIO /BONNIE	^AQUA POWER HOUR /DONNA	^AQUA/LESLIE	^AQUA AEROBIC CARDIO /BONNIE	^AQUA POWER HOUR /DONNA
	10:05AM	^AQUA/VIOLET	^AQUA POWERTONE /BONNIE		^AQUA/LESLIE	^AQUA POWERTONE /BONNIE	^AQUA CARDIO/DONNA
SUNSET ROOM	8:40AM			STRETCH & ROLL /JEANINE	^PIYO/LEEANNE	^LINE DANCE/SHERI	
	9:50AM		HIYO/LESLIE	^YOGA STRETCH & BALANCE /RONA	ADVANCE LINE DANCE/SHERI		
	11:00AM			^BEGINNER LINE DANCE/SHERI		^STRETCH&CORE/SHERI	