

Oro Valley CRC June Group Fitness

| | 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 WITH A BALL/JEANINE | BARRE CONCEPTS/JEANINE | ^TOTAL BODY/JEANINE | BARRE CONCEPTS/JEANINE | CARDIO,CORE & MORE/LEEANNE |
| | 8:40AM | SPIN & STRENGTH/LEEANNE | HIIT/KATIE P | ^LINE DANCING/JOANNE/SHERI | HIIT/ KATIE P | ^SIT & BE FIT/LEEANNE | ^STRENGTH & TONE/LEEANNE |
| | 9:50AM | ^SIT & BE FIT/MICHAEL | ^BODY BALANCE STRETCH/CHRIS | SPIN & STRENGTH/LEEANNE | ^STRETCH & CORE/ SHERI S | SPIN & STRENGTH/LEEANNE | ^YOGA STRETCH/LEEANNE |
| | 11:00AM | ^ZUMBA GOLD/ROBBIN | ^YOGA/RONA | ^SIT & BE FIT/RONA | ^POWERTONE/ SHERI S | ^SIT & BE FIT/LEEANNE | ^LINE DANCING/ROZALI |
| | 12:10PM | ^Silver Sneakers Yoga/LAUREN | ^TAI CHI/RICK | ^QIGONG/RICK | ^TAI CHI/RICK | UNAVAILABLE | INT.LINE DANCING/ROZALI |
| | 1:20PM | TAI CHI 108/RICK | ^BASIC STEP AEROBIC/VIOLET | TAI CHI 108/RICK | ^CHI KUNG/VIOLET | CAMP SPF | |
| | 2:20PM | | ^BASIC TAI CHI/VIOLET | | ^TAI CHI/VIOLET | CAMP SPF | |
| | 3:00PM | | | ^ZUMBA/LAUREN | | CAMP SPF | |
| | 3:30PM | ^BAISC LINE DANCE STEPS/ROZALI | ^SIT & BE FIT/VIOLET | | | CAMP SPF | |
| | 4:30PM | | INT. LINE DANCING/KAREN | | INT. LINE DANCING/KAREN | CAMP SPF | |
| | 5:00PM | TAEKWONDO/EXTRA FEE | | | TAEKWONDO/EXTRA FEE | | |
| | 5:20PM | | ^LINE DANCING/KAREN | | ^LINE DANCING/KAREN | | |
| | 6:00PM | TAEKWONDO/EXTRA FEE | | | TAEKWONDO/EXTRA FEE | | |
| SUNSET ROOM POOL STUDIO | 8:40AM | | | | ^LINE DANCING/ SHERI S | | |
| | 10:15AM | ^SILVER SNEAKERS/VERA | | ^SILVER SNEAKERS/VERA | | | |
| | 9:10AM | ^AQUA/BONNIE | ^AQUA POWER HOUR/DONNA | ^AQUA /LESLIE | ^AQUA/BONNIE | ^AQUA POWER HOUR/DONNA | AQUA BOOT CAMP/DONNA |
| | 10:05AM | ^AQUA/VIOLET | ^AQUA/BONNIE | ^AQUA CARDIO CRUSADERS/DONNA | ^AQUA TABATA/SHERI | ^AQUA/BONNIE | ^AQUA CARDIO CRUSADERS/DONNA |
| | 7:30AM | ^YOGA STRETCH/LEEANNE | ^YIN YOGA/KATIE A | ^YOGA STRETCH/LEEANNE | ^YOGA STRETCH/LEEANNE | ^PILATES STRETCH/LEEANNE | |
| 10:00AM | YOGA FLOW/ALLI | | | | | | |

CLASS SCHEDULE SUBJECT TO CHANGE CALL 520-544-1900 FOR MORE INFORMATION

^ INDICATES CLASSES GEARED TOWARDS THE SENIOR POPULATION 50+