

# Oro Valley CRC July 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	YOGA FLOW/ALLI	^SIT & BE FIT/MICHAEL	^BODY BALANCE STRETCH/CHRIS	SPIN & STRENGTH/LEEANNE	^STRETCH & CORE/ SHERI S	^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	
	3:30PM		^BAISC LINE DANCE STEPS/ROZALI	^SIT & BE FIT/VIOLET	^3PM ZUMBA/LAUREN		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 TABATA/SHERI	^AQUA/BONNIE	^AQUA CARDIO CRUSADERS/DONNA	^AQUA/BONNIE
7:30AM			^YOGA STRETCH/LEEANNE	^YIN YOGA/KATIE A	^YOGA STRETCH/LEEANNE	^YOGA STRETCH/LEEANNE	^PILATES STRETCH/LEEANNE	

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

^ INDICATES CLASSES GEARED TOWARDS THE SENIOR POPULATION 50+