

Central City Recreation

Group Fitness Class Schedule

\$22/month or \$4/day

Also includes use of the Fitness Room, Gym, Locker Rooms:

Effective 9/21/16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:40 am					Yoga <i>Susan</i>	
10:00 am	Gentle Yoga <i>Susan</i>	Pilates (All Levels) <i>Elle</i> (9:30 am)		Pilates (All Levels) <i>Elle</i> (9:30 am)		Zumba <i>Masuda/Lori</i> (10:15 am)
6:00 pm	TRX (Coming Jan 23, 2017) <i>Masuda</i>	Zumba Step <i>Lori</i>	Bolly X <i>Masuda</i>	Zumba Step <i>Lori</i>		
7:00 pm	Zumba <i>Addy</i>	Belly Dancing <i>Shah</i>				
8:00 pm		Adult Tap <i>Lynette</i>			Fitness Fundamentals <i>Carlos</i> (fitness room)	