

Central City Recreation

Group Fitness Class Schedule

\$22/month or \$4/day

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am					Yoga (7:40am) <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)
5:00 pm		Bolly X <i>Masuda</i> Coming Sept. 5th, 2017				
6:00 pm	TRX <i>Masuda</i>	HITT High Intensity Tempo Training <i>Lori</i>	Bolly X <i>Masuda</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)	