

Central City Recreation

Group Fitness Class Schedule

\$22/month or \$4/day

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

Effective 4/01/18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am					Sunrise Yoga <i>Susan</i> (7:40am)	
10:00 am	Gentle Yoga <i>Susan</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>		HIIT <i>Lori</i>		
6:00 pm	TRX <i>Masuda</i>		Bolly X <i>Masuda</i>		Beginning Yoga <i>Masuda</i>	
7:00 pm	Zumba <i>Addy</i>	Belly Dancing <i>Shah</i>				
8:00 pm					Fitness Fundamentals <i>Carlos</i> (fitness room)	