

Central City Recreation

Group Fitness Class Schedule

\$22/month or \$4/day

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

Effective 3/01/18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am					Sunrise Yoga Susan (7:40am)	
8:00 am	Yoga Susan (8:15 am)					
10:00 am	Gentle Yoga Susan (9:30 am)			Pilates (All Levels) Elle (9:30 am)		Zumba Masuda/Lori (10:15 am)
5:00 pm		Bolly X Masuda				
6:00 pm	TRX Masuda		Bolly X Masuda		Beginning Yoga Masuda	
7:00 pm	Zumba Addy	Belly Dancing Shah				
8:00 pm					Fitness Fundamentals Carlos (fitness room)	