

# Central City Recreation

## Group Fitness Class Schedule

\$22/month or \$4/day

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

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