



C&RC Gymnasium Schedule
Dec-16

M O N D A Y		
Time	Activity	Gym Side
9:15AM - 10:15AM	Butz & Gutz	2A
10:30AM - 11:30AM	TRX	2A
12:00PM - 1:00PM	Boomer Bootcamp	2A
1:00PM - 3:00PM	Pickleball Clinic (10/12 Only)	2A & 2B
1:00PM - 3:30PM	Beginner Pickleball	2A & 2B
1:15PM - 2:15PM	Strong Bodies, Strong Bones	1B
5:30PM - 6:30PM	Power Hour	2A
6:30PM - 7:30PM	TRX	2A
8:00PM - 9:45PM	Adult Volleyball	2A & 2B

T U E S D A Y		
Time	Activity	Gym Side
5:40AM - 6:40AM	Athlete's Workout	2A & 2B
9:15AM - 10:15AM	Cardio Craze	2A & 2B
10:30AM - 11:45AM	Camp December (12/27 Only)	2B
10:30AM - 11:30AM	Power Hour	2A
1:00PM - 3:30PM	Pickleball	2A & 2B
5:30PM - 6:30PM	P90X	2A
6:30PM - 7:45PM	The Good Fight	2A
8:00PM - 9:45PM	Rec Basketball	2A & 2B

W E D N E S D A Y		
Time	Activity	Gym Side
9:15AM - 10:15AM	Total Body Sculpt	2A
10:30AM - 11:30PM	Kettlebell Cardio	2A & 2B
12:00PM - 1:00PM	Boxing	2A
1:30PM - 2:50PM	Camp December (12/28 Only)	2B
6:30PM - 7:30PM	Super Circuit	2A
8:00PM - 9:45PM	Men's Pick-up Basketball	2A & 2B

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T H U R S D A Y		
Time	Activity	Gym Side
5:45AM - 6:45AM	Athlete's Workout	2A & 2B
9:15AM - 10:15AM	Cardio Craze	2A & 2B
9:30AM - 10:30AM	Little Gymsters (12/1, 12/8 Only)	1B
10:30AM - 11:30AM	TRX	2A
10:30AM - 11:30AM	H.I.I.T.	2B
10:30AM - 11:45AM	Camp December (12/29 Only)	2B
12:00PM - 1:00PM	Boomer Bootcamp	2A
1:00PM - 3:30PM	Pickleball	2A & 2B
4:30PM - 5:30PM	P90X	2A
6:30PM - 7:30PM	Insanity	2A
8:00PM - 9:45PM	Rec Basketball	2A & 2B

F R I D A Y		
Time	Activity	Gym Side
8:30AM - 9:00AM	Jump Rope Class	2A
9:15AM - 10:15AM	Butz&Gutz/Circuit	2A
10:30AM - 11:30PM	Kettlebell Cardio	2A
12:00PM - 1:00PM	H.I.I.T.	2A
6:30PM - 8:30PM	Family Gym	All Courts

S A T U R D A Y		
Time	Activity	Gym Side
8:00AM - 9:00AM	Cardio Boot Camp	2A & 2B
9:15AM - 10:15AM	Total Body Sculpt	2A
9:15AM - 11:15AM	Hummingbirds Soccer (12/3 Only)	2B
9:00AM - 12:00PM	S.N.A.P. (12/3, 12/10 Only)	1B
12:00PM - 2:00PM	Family Gym	All Courts
5:15PM - 8:45PM	Rec Basketball (12/24 & 12/31 Off)	All Courts

S U N D A Y		
Time	Activity	Gym Side
12:30PM - 1:30PM	P90X/Insanity	2A
2:30PM - 4:30PM	Family Gym	All Courts

Schedule subject to change due to special events.