COMMUNITY & RECREATION CENTER
FITNESS AND AQUATICS GROUP EXERCISE SCHEDULE

November 1st - November 30th (No Classes Friday, November 26th or 27th)

MONDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location*
6:00-7:00 AM	Athlete's Workout				SHARON	Gym 2A	
8:00 - 9:00 AM	Yoga				DENISE	Studio 1	
8:30-9:20 AM	T'ai Chi				ANNE	Studio 2	
9:00 - 9:45 AM	Aqua Jog				ANN MARIE	Resistance Channel	
9:15-10:15 AM	Intermediate Reformer $		*		ASHLEY B	Studio 1	
9:30-10:20 AM	BAT: Balance, Agility, Tensile				ANNE	Gym 1B	
9:30-10:30 AM	Cycling		*		MARY	Outdoor Gym	Studio 2
9:30-10:30 AM	Total Body Sculpt				MICHELE	Gym 2AB	
10:45-11:45 AM	Beginner/Intermediate Reformer $		*		MICHELE	Studio 1	
10:40-11:30 AM	Strong Bodies/Strong Bones				ANNE	Gym 2A	
11:00 - 12:15 PM	Boxing			*	CARI	Outdoor Gym	Studio 2
12:00-1:00 PM	Back To Basics	*			GAIL	Gym 2A	
5:00-6:00 PM	Intermediate Reformer $		*		ASHLEY B	Studio 1	
5:30-6:15 PM	Pound				EMILY K	Studio 2	
5:30 - 6:30 PM	DanceFit				SHANNON	Gym 2A	
6:20-7:20 PM	Yoga				SAYURI	Studio 1	
7:00-8:00 PM	Aqua Interval	*	*		COLLEEN	Resistance Channel	

TUESDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location
7:30 - 8:30 AM	Beginner/Int Pilates Reformer $		*		ASHLEY B	Studio 1	
9:00 -10:00 AM	Beginner/Int Pilates Reformer $		*		MICHELE	Studio 1	
9:00 - 10:00 AM	Barre				EILEEN	Studio 2	
9:00 - 9:45 AM	Aqua Jog				ANN MARIE	Resistance Channel	
9:30 - 10:20 AM	Senior Sculpt	*			ANNE	Gym 1B	
9:30 - 10:30 AM	Spin Interval		*		MARY	Outside Gym	Gym 2A
10:00 - 11:00 AM	PIYO			*	JESS	Learning Lab	CMM Room
10:40 -11:20 AM	Senior Stretch				ANNE	Studio 2	
11:00 -12:15 PM	All Level Yoga			*	CARI	Learning Lab	Studio 1
4:15 - 5:15 PM	Pilates Sculpt				CASSIDY	Studio 2	
5:30 - 6:30 PM	Dance It Out				ASHLEY W	Studio 2	
6:00 - 7:00 PM	Cycling		*		JOANNE	Outside Gym	Gym 2A
6:30 - 7:30 PM	Power Flow Yoga				LISA	Studio 2	
6:45 - 7:45 PM	Beginner Reformer $		*		ALAINA	Studio 1	
8:00 - 8:45PM	Aqua Zumba		*		ALAINA	Resistance Channel	

WEDNESDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location
6:00-7:00 AM	Athlete's Workout				LAURA	Gym 2A	
7:00 - 8:00 AM	Begin/Int Reformer $		*		ASHLEY B	Studio 1	
8:00-9:00 AM	Zumba Gold	*			GAIL	Studio 2	
8:15-9:15 AM	Begin/Int Reformer $		*		MICHELE	Studio 1	
9:00 - 10:15 AM	HIIT and Hydro Strength				ALICESON	Lap Pool/Resistance Channel	
9:15- 10:20 AM	Spin, Strength, Yoga		*		MARY	Studio 2	
9:30- 10:30 AM	Total Body Sculpt				MICHELE	Gym 2AB	
10:30-11:30 AM	Yoga				EMILY C	Studio 1	
10:30 - 11:30 AM	Senior Fit				AMY M	Community Rooms	
10:40-11:30 AM	Tai Chi				ANNE	Studio 2	
11:00-12:20 PM	Strength & Kettlebell			*	CARI	Outside Gym	Gym 2A
11:40- 12:15 PM	Hard Core				ANNE	Studio 1	
12:30-1:20 PM	Strong Bodies/Strong Bones	*			ANNE	Gym 2A	
5:45 - 6:45 PM	Yoga Flow				HEATHER	Studio 1	
6:00 - 6:55 PM	Total Body Sculpt				HOLLY B	Gym 2A	
6:30-7:30 PM	Dance Cardio Fitness				KELLY	Studio 2	
8:00 - 8:45 AM	Aqua Jog	*	*		ANN MARIE	Resistance Channel	

THURSDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location
6:00-7:00 AM	Reverse Warrior Yoga				SHARON	Studio 1	
8:15-9:15 AM	Advanced Strength Reformer $		*		CARI	Studio 1	
9:00 - 9:45 AM	Aqua Jog				ANN MARIE	Resistance Channel	
9:30-10:30 AM	TRX Bootcamp		*		CARI	Outdoor Gym	Gym 2A
9:40-10:40 AM	Advanced Reformer $		*		ASHLEY B	Studio 1	
10:00-11:00 AM	PIYO			*	JESS	Studio 2	
10:45 - 11:30 AM	50+ Sculpt				ERIKA	Gym 2A	
10:50 - 11:50 AM	Intermediate Reformer $		*		ASHLEY B	Studio 1	
11:00-12:15 PM	Boxing	*			CARI	Outdoor Gym	Studio 2
12:00 - 1:00 PM	Back to Basics				GAIL	Gym 2A	
12:00 - 1:00 PM	Mat Pilates				ASHLEY B	Studio 1	
4:40 - 5:40 PM	UPLIFT Strength & Fitness				EMILY K	Studio 2	
5:30 - 6:30 PM	DanceFit				SHANNON	Studio 1	
6:00-7:00 PM	Cycling		*		APRIL	Studio 2	
7:00-8:00 PM	Channel Challenge		*		COLLEEN	Resistance Channel	

FRIDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location
6:00 - 7:00 AM	Athlete's Workout				ELLIE	Gym AB	
8:00-8:45 AM	T'ai Chi	*			CLAUDETTE	Studio 2	
9:00 - 9:45 AM	Aqua Jog		*		ANN MARIE	Lap Pool	
9:00 - 10:00 AM	Spin, Strength, Yoga		*		MARY	Outdoor Gym	Studio 2
9:30-10:30 AM	Yoga				DENISE	Leaning Lab	Studio 1
9:30-10:30 AM	Cardio Bootcamp				MICHELE	Gym 2AB	
10:30 - 11:30 AM	Chair Yoga	*			AMY M	CMM Room	
11:00-12:00 PM	Mat Pilates				SARAH	Studio 2	
11:00-12:20 PM	Strength & Kettlebell			*	CARI	Outdoor Gym	Gym 2A
11:45 - 12:45 PM	Meditation				BEVERLY	Studio 1	
5:30 - 6:30 PM	All Levels Yoga				JULIE	Studio 1	

SATURDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location
6:00 - 7:00 AM	Beginner/Intermediate Reformer $		*		ASHLEY B	Studio 1	
7:00 - 8:00 AM	Beginner/Intermediate Reformer $		*		ASHLEY B	Studio 1	
7:00-8:00 AM	Athlete's Workout				ELLIE	Outdoor Gym	Gym 2AB
8:00 - 9:00 AM	Beginner/Intermediate Reformer $				ASHLEY B	Studio 1	
8:00-9:00 AM	Cycling		*		APRIL	Studio 2	
8:30 - 9:15 AM	Aqua Zumba		*		ALAINA	Resistance Channel	
9:30- 10:30 AM	Total Body Sculpt				SAMANTHA	Gym 2A	
9:30-10:30 AM	Zumba				ALAINA	Studio 2	
9:30-10:30 AM	Power Flow Yoga				LISA	Studio 1	

SUNDAY	Class Name	SC	RR	V	Instructor	Main Location	Rain Location
12:15 - 1:30 PM	Yin Yoga				ALLISON	Studio 2	
12:15 - 1:15 PM	Beginner Reformer $		*		ALISSA	Studio 1	
12:30 - 1:30 PM	Total Body Sculpt				JESS	Gym 2A	

For class updates, use the QR code to download the Remind app. This will sign you up to receive text notifications for any class cancellations and location changes.

remind.com/join/crcfit9

*MUST DOWNLOAD THE REMIND APP TO RECEIVE NOTIFICATIONS

SC - Silver Card ***$ - Paid Class***

V - Virtual ***Updated 10/30/26***

Aquatics Classes

**** Schedule is subject to change***