

**CRAWFORDSVILLE
PARKS AND RECREATION
GROUP FITNESS SCHEDULE
Fall/Winter 2017**

| MONDAY | | |
|------------------|----------|--|
| 5:30-6:30 AM | Peggy | PE: 60 |
| 8:30-9:30 AM | Maggie | STEP & REP* |
| 9:45-10:30 AM | Maggie | FUN-CTIONAL FITNESS * |
| 4:15-5:00 PM | Vanessa | BODY SCULPTING |
| 5:30-6:30 PM | Amie | ZUMBA® |
| 6:45-7:45 PM | Candis | YOGA FOUNDATIONS |
| TUESDAY | | |
| 9:00-10:00 AM | Jenny | P90X® Live |
| 4:40-5:20 PM | Vanessa | PILATES |
| 5:30-6:30 PM | Peggy | STEP & REP |
| 7:15-8:30 PM | Fawn | HOT YOGA |
| WEDNESDAY | | |
| 5:30-6:30 AM | Erica | PE: 60 |
| 8:30-9:30 AM | Paige | STEP & REP* |
| 9:45-10:30AM | Paige | STRENGTH & STRETCH* |
| 4:15-5:00 PM | Vanessa | BODY SCULPTING |
| 5:15-6:15 PM | Jenny | PiYo ® |
| 6:30-7:15 PM | Amy | SPINNING® |
| THURSDAY | | |
| 9:00-10:00 AM | Jenny | P90X® Live! |
| 5:30-6:30 PM | Joy | CARDIO-STRENGTH until 8/31 |
| 7:00-8:00 PM | Trenelle | ZUMBA® |
| FRIDAY | | |
| 5:30-6:30 AM | Erica | PE: 60 |
| 8:30-9:30 AM | Maggie | STEP & REP* |
| 9:45-10:30AM | Maggie | FUN-CTIONAL FITNESS * |
| SATURDAY | | |
| 8:05-9:15 AM | Rotation | STEP & REP (1 st & 3 rd) or H.I.I.T. (2 nd & 4 th) |
| 9:30-10:30 AM | Rotation | ZUMBA® |

*TOT-LOT is available for this class. (\$2 per child)
Schedule subject to change based on attendance.