

# CRAWFORDSVILLE PARKS AND RECREATION GROUP FITNESS SCHEDULE

FALL 2017

<b>MONDAY</b>		
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	Laura	ZUMBA®
6:45-7:45 PM	Candis	YOGA FOUNDATIONS
<b>TUESDAY</b>		
9:00-10:00 AM	Jenny	P90X® Live!*
5:30-6:30 PM	Peggy	CARDIO-SCULPT
7:15-8:30 PM	Fawn	HOT YOGA
<b>WEDNESDAY</b>		
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	Vanessa	PILATES
6:30-7:15 PM	Amy	SPINNING®
<b>THURSDAY</b>		
9:00-10:00 AM	Jenny	P90X® Live! *
5:30-6:30 PM	Erica	FLOW YOGA
7:00-8:00 PM	Trenelle	ZUMBA®
<b>FRIDAY</b>		
5:30-6:30 AM	Joy	PE: 60
8:30-9:30 AM	Maggie	STEP & REP*
9:45-10:30AM	Maggie	FUN-CTIONAL FITNESS *
<b>SATURDAY</b>		
8:05-9:15 AM	Rotation	STEP & REP (1 <sup>st</sup> & 3 <sup>rd</sup> ) or H.I.I.T. (2 <sup>nd</sup> & 4 <sup>th</sup> )
9:30-10:30 AM	Rotation	ZUMBA®

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