

**CRAWFORDSVILLE
PARKS AND RECREATION
GROUP FITNESS SCHEDULE
Winter 2018**

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	Laura	ZUMBA®
6:45-7:45 PM	Candis	YOGA FOUNDATIONS
TUESDAY		
9:00-10:00 AM	Jenny	P90X® Live
5:30-6:30 PM	Peggy	CARDIO-SCULPT
7:15-8:30 PM	Fawn	HOT YOGA
WEDNESDAY		
5:30-6:30 AM	Erica	PE: 60
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®
THURSDAY		
9:00-10:00 AM	Jenny	P90X® Live!
5:30-6:30 PM	Erica	FLOW YOGA
7:00-8:00 PM	Joy	ZUMBA®
FRIDAY		
5:30-6:30 AM	Joy	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.