

CRAWFORDSVILLE PARKS AND RECREATION GROUP FITNESS SCHEDULE

Winter 2019

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 *
4:30 - 5:00 PM	Vanessa	BODY SCULPTING
5:30 - 6:30 PM	Laura	ZUMBA®
TUESDAY		
9:00 - 10:00 AM	Jenny	P90X® Live
7:15 - 8:30 PM	Fawn	HOT YOGA
WEDNESDAY		
5:30 - 6:30 AM	Erica	PE: 60
9:45 - 10:30AM	Jenny	STRENGTH & STRETCH*
4:30 - 5:00 PM	Vanessa	BODY SCULPTING
5:30 - 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	Gretchen	BEGINNER 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.