

**CRAWFORDSVILLE PARKS AND RECREATION  
GROUP FITNESS SCHEDULE SPRING 2019**

<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 *
11:30-12:00 PM	Ashlee	CHAIR YOGA (begins 5/6/2019)
4:30-5:15 PM	Vanessa	BODY SCULPTING
5:20-6:20 PM	Laura	ZUMBA®
6:30-7:15 PM	Amy	SPINNING®
<b>TUESDAY</b>		
9:00-10:00 AM	Jenny	P90X® Live! *
9:00-10:00 AM	Dawn	CARDIO DANCE * (meets in the gym - begins 5/7/2019)
10:15-11:00 AM	Penny	SILVER SNEAKERS * (begins 5/7/2019)
5:15-6:00 PM	Tannika	POUND® * (meets in the gym - begins 5/14/2019)
5:30-6:30 PM	Peggy	HIIT *
7:15-8:30 PM	Fawn	HOT YOGA
<b>WEDNESDAY</b>		
5:30-6:30 AM	Erica	PE: 60
8:45-9:30 AM	Paige	BODY SCULPTING * (begins 5/1/2019)
9:45-10:30AM	Jenny	STRENGTH & STRETCH *
11:30-12:00 PM	Ashlee	CHAIR YOGA (begins 5/1/2019)
4:30-5:15 PM	Vanessa	BODY SCULPTING
5:30-6:20 PM	Vanessa	PILATES
6:30-7:15 PM	Robin	SPINNING®
<b>THURSDAY</b>		
9:00-10:00 AM	Jenny	P90X® Live! *
9:00-10:00 AM	Dawn	CARDIO DANCE* (meets in the gym - begins 5/2/2019)
10:15-11:00 AM	Jenny	SILVER SNEAKERS * (begins 5/2/2019)
4:15-5:00 PM	Cheryl	BODY SCULPTING * (begins 5/2/2019)
5:30-6:30 PM	Kelly	YOGA FOUNDATIONS *
7:00-8:00 PM	Ashley	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 / passes available)  
This schedule is subject to change based on attendance.