

**CRAWFORDSVILLE PARKS AND RECREATION
GROUP FITNESS SCHEDULE FALL 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 *
11:30-12:00 PM	Ashlee	CHAIR YOGA
4:30-5:15 PM	Vanessa	BODY SCULPTING
5:20-6:20 PM	Laura	ZUMBA®
6:30-7:15 PM	Amy	SPINNING®
TUESDAY		
9:00-10:00 AM	Jenny	P90X® Live! *
9:00-10:00 AM	Dawn	CARDIO DANCE*(meets in the gym)
10:15-11:00 AM	Penny	SILVER SNEAKERS*
5:15-6:00 PM	Tanikka	POUND® *(meets in the gym) begins 5/14
5:30-6:30 PM	Peggy	HIIT*
7:15-8:30 PM	Fawn	HOT YOGA
WEDNESDAY		
5:30-6:30 AM	Erica	PE: 60
8:45-9:30 AM	Paige	BODY SCULPTING*
9:45-10:30AM	Jenny	STRENGTH & STRETCH*
11:30-12:00 PM	Ashlee	CHAIR YOGA
4:30-5:15 PM	Vanessa	BODY SCULPTING
5:30-6:20 PM	Vanessa	PILATES
6:30-7:15 PM	Robin	SPINNING®
THURSDAY		
9:00-10:00 AM	Jenny	P90X® Live! *
9:00-10:00 AM	Dawn	CARDIO DANCE* (meets in the gym)
10:15-11:00 AM	Jenny	SILVER SNEAKERS*
4:15-5:00 PM	Cheryl	BODY SCULPTING*
5:30-6:30 PM	Tanikka	YOGA FOUNDATIONS*
7:00-8:00 PM	Leanna	CARDIO DANCE
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®(1 st & 3 rd) CARDIO DANCE (2 nd & 4 th)

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