

CRAWFORDSVILLE PARKS AND RECREATION GROUP FITNESS SCHEDULE SUMMER 2020

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 (meets in the gym)
11:00-11:30 AM	Maggie	CHAIR YOGA
4:30-5:15 PM	Amy	BODY SCULPTING
5:20-6:20 PM	Laura	ZUMBA®
6:30-7:15 PM	Amy	SPINNING®
TUESDAY		
9:00-10:00 AM	Dawn	CARDIO DANCE*(meets in the gym)
10:15-11:00 AM	Penny	SILVER SNEAKERS*(meets in the gym)
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
11:00-11:30 AM	Paige	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	Dawn	CARDIO DANCE* (meets in the gym)
4:30-5:15 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	Stacy	PE: 60
8:30-9:30 AM	Maggie	STEP & REP
9:45-10:30 AM	Maggie	FUN-CTIONAL FITNESS *(meets in the gym)
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)

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