

CRAWFORDSVILLE PARKS AND RECREATION GROUP FITNESS SCHEDULE FALL 2021

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*
4:20-5:05 PM	Amy	BODY SCULPTING
5:20-6:20 PM	Leanna	DANCE FITNESS
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	Dawn	SILVER SNEAKERS*
5:30-6:30 PM	Peggy	H.I.I.T.
7:15-8:30 PM	Fawn	HOT YOGA (no class 8/24-10/19)
WEDNESDAY		
5:30-6:30 AM	Erica	PE: 60
8:45-9:30 AM	Paige	BODY SCULPTING
4:20-5:05 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)
10:15-11:00 AM	Dawn	SILVER SNEAKERS*
4:20-5:05 PM	Cheryl	BODY SCULPTING
5:30-6:30 PM	Michelle	YOGA FOUNDATIONS
7:00-8:00 PM	Leanna	DANCE FITNESS
FRIDAY		
5:30-6:30 AM	Stacy	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	DANCE FITNESS (1 st & 3 rd) or CARDIO DANCE (2 nd & 4 th)

*Indicates a senior fitness class
Childcare is available Tues & Thurs 8:30-11:00 am \$2 per child
This schedule is subject to change based on attendance.