

CRAWFORDSVILLE PARKS AND RECREATION

GROUP FITNESS SCHEDULE Winter 2023

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)
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	HIIT
7:15-8:30 pm	Fawn	HOT VINYASA YOGA (meets November-May)
WEDNESDAY		
5:30-6:30 am	Erica	PE: 60
4:20-5:05 pm	Vanessa	BODY SCULPTING
5:30-6:20 pm	Vanessa	PILATES/YOGA FUSION
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	Rotation	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
9:45-10:30 am	Maggie	FUN-CTIONAL FITNESS* (meets in the gym)
SATURDAY		
8:15-9:15 am	Rotation	STEP & REP (1 st & 3 rd) or H.I.I.T. (2 nd & 4 th)
9:30-10:30 am	Dawn	CARDIO DANCE

*Indicates a senior fitness class
This schedule is subject to change based on attendance.