

Oro Valley CRC January Group Fitness Schedule

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Room	6:30 AM							
	8:00 AM		Sit and Be Fit/Michael	Beginning Yoga/Lara	Core & Stretch/Jeanine	Beginning Yoga/Lara	Core & Stretch/Jeanine	
	9:30 AM		Tai Chi/Rick	Qigong/Rick	Tai Chi/Rick	Qigong/Rick	Sit and Be Fit/Michael	
	11:00 AM		Zumba Gold/Sandra	Body Balance Stretch/Chris		Yoga Flow/Lara		
	2:00 PM							
	3:30 PM							
	5:00 PM		All Level Yoga/Lara	Line Dancing/Karen	Just Weights/Mollie	Line Dancing/Karen		
	6:30 PM							
Pool	9:10 AM		Aqua/Bonnie	Aqua/Donna	Adaptive Aquatics/Michael	Aqua/Bonnie	Aqua/Donna	
	10:05 AM		Aqua/Bonnie	Aqua/Donna	Adaptive Aquatics/Michael	Aqua/Bonnie	Aqua/Donna	
	11:00 AM		Aqua Yoga/Lara		Aqua Yoga/Rozali		Aqua Yoga/Lara	
Spin	8:00 AM		Spin/LeeAnne		Spin/LeeAnne		Spin/LeeAnne	
	9:30 AM		Spin&Strength/LeeAnne					
	6:30 PM							

Class Schedule Subject to Change Call 520-544-1900 for more information