

# Oro Valley CRC October Group Fitness Schedule

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Room	6:20 AM		Spin & Strength/LeeAnne	Core Galore/Mylene	Total Body/Jeanine	Pilates with Props/Mylene	Total Body/Jeanine	
	7:30 AM		Barre Concepts/Jeanine	Total Body with a Ball/Jeanine	Barre Concepts/Jeanine	Total Body/Jeanine	Barre Concepts/Jeanine	
	8:40 AM		Spin & Strength/LeeAnne	HIIT/Katie	Line Dancing/Sheri	HIIT/Katie	Sit and Be Fit/LeeAnne	Strength and Tone/LeeAnne
	9:50 AM		Sit and Be Fit/Michael	Body Balance Stretch/Chris	Spin & Strength/LeeAnne	Spin/Sheri	Spin & Strength/LeeAnne	Yoga Stretch/LeeAnne
	11:00 AM	Zumba Gold/Robbin	Powertone/Sheri	Spin/Sheri	Powertone/Sheri	Sit and Be Fit/LeeAnne	Line Dancing/Rozali	
	12:10 PM		Tai Chi/No Instructor	Qigong/No Instructor	Tai Chi/Violet	Qigong/No Instructor	Zumba/Lauren	
	1:20 PM		Tai Chi 108/No Instructor		Chi Kung/Violet		Tai Chi/Violet	
	2:30 PM						Chi Kung/Violet	
	4:10 PM							
	5:20 PM				Line Dancing/Karen		Line Dancing/Karen	
6:00 PM		Taekwondo/extra fee			Taekwondo/extra fee			
Pool	9:10 AM		Aqua/Bonnie	Aqua/Donna		Aqua/Bonnie	Aqua/Donna	Aqua Boot Camp/Donna
	10:05 AM		Aqua/Bonnie	Aqua/Donna	Aqua Tabata/Sheri	Aqua/Bonnie	Aqua/Donna	Aqua/Bonnie
Yoga	7:30 AM		Yoga 101/Lara		Yoga 101/Lara		Pilates Stretch/LeeAnne	
	8:40 AM	Gentle Yoga/Sara	Power Flow Yoga/Lara	Intro to Flow Yoga/Sara	Beginning Yoga 8:50/Nicole	Pilates Stretch/LeeAnne	Gentle Yoga/Sara	
	9:50 AM	Deep Yin Yoga till 11:20/Sara	Core & Stretch/Sheri	Core & Stretch/Sheri	Beginning Yoga/Nicole	Yin Yoga/Sara	Yoga Nidra/Sara	
	11:00 AM		Gentle Yoga/Katie	Yin Yoga/Katie	Fun and Fit Aerobics/Violet	Intro to Flow Yoga/Sara		
	4:00 PM			Gentle Yoga/Katie	Yin Yoga/Katie	Gentle Yoga/Katie		
	5:10 PM				Restorative Yoga/Katie	Restorative Yoga/Katie		

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