

Oro Valley CRC September 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/Rick | Qigong/Rick | Tai Chi/Rick | Qigong/Rick | Zumba/Lauren | |
| | 1:20 PM | | Tai Chi 108/Rick | | Tai Chi 108/Rick | | | |
| | 2:30 PM | | | | | | | |
| | 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 | | | Beginning Yoga/Sara | | | Pilates Stretch/LeeAnne | |
| | 8:40 AM | Gentle Yoga/Sara | Beginning Yoga/Nicole | Intro to Flow Yoga/Sara | Beginning Yoga/Nicole | Pilates Stretch/LeeAnne | Gentle Yoga/Sara | |
| | 9:50 AM | Deep Yin Yoga till 11:20/Sara | Core & Stretch/Sheri | Core & Stretch/Sheri | Restorative Yoga/Nicole | Yin Yoga/Sara | Yoga Nidra/Sara | |
| | 11:00 AM | | | | | | | |
| | 4:00 PM | | | | | | | |
| | 5:10 PM | | | | | | | |

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