

Oro Valley CRC April Group Fitness Schedule

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Room	6:20 AM		Spin & Strength/LeeAnne	Core Galore/Madiba	Total Body/Jeanine	Pilates with Props/Madiba	Spin and Tone/Jeanine	
	7:30 AM		Barre Concepts/Jeanine	Total Body with a Ball/Jeanine	Barre Concepts/Jeanine	^ Total Body/Jeanine	Barre Concepts/Jeanine	Cardio,Core&More/ LeeAnne
	8:40 AM		Spin & Strength/LeeAnne	HIIT/Katie P	^ Line Dancing/Sheri	HIIT/Katie P	^ 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	^ Zumba Gold/Sandra
	12:10 PM		^ Tai Chi/	^ Qigong /Dharmani	^ Tai Chi/Violet	^ Qigong/Violet	Line Dancing/Rozali	
	1:20 PM		Tai Chi 108/	Quigong Sound Healing /Dharmani	^ Chi Kung/Violet	^ Tai Chi/Violet	^ Tai Chi/Violet	
	2:30 PM						^ Chi Kung/Violet	
	4:10 PM				HIIT 4:30-5:15/Katie F		Int. Line Dancing 4:30/Karen	
	5:20 PM				^ Line Dancing/Karen		^ Line Dancing/Karen	
	6:00 PM		Taekwondo/extra fee		Taekwondo/extra fee	^ Zumba Gold 7pm/Robbin		
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 Stretch/LeeAnne	^ Slow Flow/Katie D	Yoga Stretch/LeeAnne	^ Slow Flow/Katie D	^ Pilates Stretch/LeeAnne	
	8:40 AM	^ Gentle Yoga/Sara		^ Yin Yoga/Katie D	^ 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/Katie D	^ Yoga Nidra/Sara	
	11:00 AM		^ Gentle Yoga/Katie D	^ Chair Yoga/Dharmani	^ Kickboxing & Core/Violet	^ Slow Flow Yoga/Katie D		^Learn to Meditate/Gordon
	12:10 PM		Yin Yoga/Katie D					

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

^ This symbol designates classes that are geared towards the senior population 50+