

Oro Valley CRC November Group Fitness

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS ROOM	6:20AM	SPIN & STRENGTH/LEEANNE	CORE GALORE/MADIBA	TOTAL BODY/JEANINE	PILATES WITH PROPS/MADIBA	SPIN & TONE/JEANINE	
	7:30AM	BARRE CONCEPTS/JEANINE	TOTAL BODY WITH A BALL/JEANINE	BARRE CONCEPTS/JEANINE	^TOTAL BODY/JEANINE	BARRE CONCEPTS/JEANINE	CARDIO,CORE & MORE/LEEANNE
	8:40AM	SPIN & STRENGTH/LEEANNE	HIIT/KATIE P	^LINE DANCING/ JOANNE/SHERI	HIIT/ KATIE P	^SIT & BE FIT/LEEANNE	^STRENGTH & TONE/LEEANNE
	9:50AM	^SIT & BE FIT/MICHAEL	^BODY BALANCE STRETCH/CHRIS	SPIN & STRENGTH/LEEANNE	^STRETCH & CORE/ SHERI S	SPIN & STRENGTH/LEEANNE	^YOGA STRETCH/LEEANNE
	11:00AM	^ZUMBA GOLD/ROBBIN			^SIT & BE FIT/LEEANNE	^LINE DANCING/ROZALI	
	12:10PM	^TAI CHI/RICK	^QIGONG/RICK	^TAI CHI/RICK		30MIN INT.LINE DANCING/ROZALI	
	1:20PM	TAI CHI 108/RICK		TAI CHI 108/RICK		^CHI KUNG/VIOLET	^LEARNING TO MEDITATE/GORDON
	2:20PM					^TAI CHI/VIOLET	
	4:30PM		INT. LINE DANCING/KAREN	^4:10PM ZUMBA/LAUREN	INT. LINE DANCING/KAREN	^4:10PM ZUMBA/LAUREN	
	5:20PM		^LINE DANCING/KAREN		^LINE DANCING/KAREN		
	6:00PM	TAEKWONDO/EXTRA FEE		TAEKWONDO/EXTRA FEE			
	7:00PM				^ZUMBA GOLD/ROBBIN		
POOL	9:10AM	^AQUA/BONNIE	^AQUA POWER HOUR/DONNA	^AQUA/REGINA	^AQUA/BONNIE	^AQUA POWER HOUR/DONNA	AQUA BOOT CAMP/DONNA
	10:05AM	^AQUA/VIOLET	^AQUA/BONNIE	^AQUA CARDIO CRUSADERS/DONNA	^AQUA TABATA/REGINA	^AQUA CARDIO CRUSADERS/DONNA	^AQUA/BONNIE
YOGA ROOM	7:30AM	^YOGA STRETCH/LEEANNE	^SLOW FLOW/KATIE D	^YOGA STRETCH/LEEANNE	^SLOW FLOW/KATIE D	^PILATES STRETCH/LEEANNE	
	8:40AM	^YIN YOGA/KATIE D	^YIN YOGA/KATIE D	^ROLL IT OUT/SARA	^PILATES STRETCH/LEEANNE	^ROLL IT OUT/SARA	^GENTLE YOGA/SARA
	9:50AM	CONNECT-RELEASE-EMPOWER/KATIE D	CONNECT-RELEASE-EMPOWER/KATIE D	HATHA YOGA/RONA	^YIN YOGA/KATIE D	^GENTLE YOGA/SARA	^DEEP YIN YOGA/SARA
	11:00AM	^GENTLE YOGA/KATIE D		VINYASA YOGA/RONA	^GENTLE YOGA/KATIE D	^YOGA NIDRA-MEDITATION/SARA	
	11:30AM						^YOGA NIDRA-MEDITATION/SARA
	3:00PM	^GENTLE YOGA/SARA					
	4:10PM	^RESTORATIVE YOGA/SARA					
5:30PM	^YOGA FLOW/ALLI			^5PM YIN & REIKI/KATIE D			
SUNSET ROOM	6:20AM						
	7:30AM						
	8:40AM	^YOGA STRETCH & BALANCE/RONA		PIYO/LEEANNE	^LINE DANCING/ SHERI S		
	9:50AM	HATHA/VINYASA YOGA/RONA		^CHI KUNG/VIOLET			
	11:00AM	^YOGA OUTSIDE/ALLI		^TAI CHI/VIOLET			

CLASS SCHEDULE SUBJECT TO CHANGE CALL 520-544-1900 FOR MORE INFORMATION

^ INDICATES CLASSES GEARED TOWARDS THE SENIOR POPULATION 50+