

Oro Valley CRC January 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/LEEANNE	^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	^LEARNING TO MEDITATE/GORDON
	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	
	2:20PM						^TAI CHI/VIOLET	
	3:30PM			SPIN/ KATIE F				
	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			
POOL	7:00PM				^ZUMBA GOLD/ROBBIN			
	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/BONNIE	^AQUA CARDIO CRUSADERS/DONNA	^AQUA/BONNIE	
YOGA ROOM	7:30AM		^YOGA STRETCH/LEEANNE	^SLOW FLOW/KATIE D	^YOGA STRETCH/LEEANNE	^YOGA STRETCH/LEEANNE	^PILATES STRETCH/LEEANNE	
	8:40AM	HATHA YOGA/LARA	^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	HATHA YOGA/LARA		^DEEP YIN YOGA/SARA
	11:00AM		^GENTLE YOGA/KATIE D		VINYASA YOGA/RONA	VINYASA YOGA/LARA	90min VIN/YIN YOGA/LARA	
	11:30AM							^YOGA NIDRA-MEDITATION/SARA
	3:00PM		^GENTLE YOGA/SARA					
	4:10PM		^RESTORATIVE YOGA/SARA			^4:30 RESTORATIVE YOGA/LARA		
SUNSET ROOM	5:30PM				^YOGA FLOW/ALLI			
	8:40AM		^YOGA STRETCH & BALANCE/RONA		PIYO/LEEANNE	^LINE DANCING/ SHERI S		
	9:50AM		HATHA/VINYASA YOGA/RONA		^CHI KUNG/VIOLET		^GENTLE YOGA/SARA	
	11:00AM	^YOGA FLOW/ALLI			^TAI CHI/VIOLET		^YOGA NIDRA-MEDITATION/SARA	

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

^ INDICATES CLASSES GEARED TOWARDS THE SENIOR POPULATION 50+