

# Oro Valley CRC May 1st-12th Group Fitness

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
FITNESS ROOM	6:20AM		SPIN & STRENGTH/LEEANNE	CORE GALORE/MADIBA/MYLENE	TOTAL BODY/JEANINE	PILATES w/PROPS/MADIBA/MYLENE	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	^POWERTONE/ SHERI S	SPIN & STRENGTH/LEEANNE	^YOGA STRETCH/LEEANNE
	11:00AM	^ZUMBA GOLD/ROBBIN				^SIT & BE FIT/LEEANNE	^LINE DANCING/ROZALI	
	12:10PM	^Silver Sneakers Yoga/LAUREN	^TAI CHI/RICK	^QIGONG/RICK	^TAI CHI/RICK	UNAVAILABLE	INT.LINE DANCING/ROZALI	
	1:20PM		TAI CHI 108/RICK	^BASIC STEP AEROBIC/VIOLET	TAI CHI 108/RICK		^CHI KUNG/VIOLET	
	2:20PM			^BASIC TAI CHI/VIOLET			^TAI CHI/VIOLET	
	3:30PM		^BASIC LINE DANCE STEPS/ROZALI	SPIN/ KATIE F				
	4:30PM			INT. LINE DANCING/KAREN	^4:10PM ZUMBA/LAUREN	INT. LINE DANCING/KAREN	^4:10PM ZUMBA/LAUREN	
POOL STUDIO	5:20PM		^LINE DANCING/KAREN		^LINE DANCING/KAREN			
	6:00PM		TAEKWONDO/EXTRA FEE		TAEKWONDO/EXTRA FEE			
	10:30AM		^SILVER SNEAKERS/VERA		^SILVER SNEAKERS/VERA			
	9:10AM		^AQUA/BONNIE	^AQUA POWER HOUR/DONNA		^AQUA/BONNIE	^AQUA POWER HOUR/DONNA	AQUA BOOT CAMP/DONNA
	10:05AM	^AQUA/VIOLET	^AQUA/BONNIE	^AQUA CARDIO CRUSADERS/DONNA		^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		^YIN YOGA/KATIE D	CONNECT-RELEASE-EVOLVE/KATIE D	^ROLL IT OUT/SARA	^PILATES STRETCH/LEEANNE	
		9:50AM		CONNECT-RELEASE-EVOLVE/KATIE D	^YIN YOGA/KATIE D	HATHA YOGA/RONA		^DEEP YIN/SARA
		11:00AM	YOGA FLOW/ALLI	^GENTLE YOGA/KATIE D		VINYASA YOGA/RONA		
		11:30AM						^YOGA NIDRA/MEDITATION/SARA
3:00PM			^GENTLE YOGA/SARA			^GENTLE YOGA/SARA		
4:10PM			^RESTORATIVE YOGA/SARA			^RESTORATIVE YOGA/SARA		
5:30PM					YOGA FLOW/ALLI			
SUNSET ROOM	8:40AM		^YOGA STRETCH & BALANCE/RONA		PIYO/LEEANNE	^LINE DANCING/ SHERI S	^GENTLE YOGA/SARA	
	9:50AM		HATHA/VINYASA YOGA/RONA					
	11:00AM					^STRETCH & CORE/ SHERI S		

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

^ INDICATES CLASSES GEARED TOWARDS THE SENIOR POPULATION 50+