

Oro Valley CRC May 13th-25th 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 | ^ZUMBA GOLD/ROBBIN | ^SIT & BE FIT/MICHAEL | ^BODY BALANCE STRETCH/CHRIS | SPIN & STRENGTH/LEEANNE | ^SPIN & STRETCH/ SHERI S | SPIN & STRENGTH/LEEANNE | ^YOGA STRETCH/LEEANNE |
| | 11:00AM | ^Silver Sneakers Yoga/LAUREN | ^SIT & BE FIT/RONA | ^YOGA/RONA | ^POWERTONE/ SHERI S | ^SIT & BE FIT/LEEANNE | ^LINE DANCING/ROZALI | |
| | 12:10PM | | ^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 | | ^BAISC LINE DANCE STEPS/ROZALI | SPIN/ KATIE F | | | | |
| | 4:30PM | | | INT. LINE DANCING/KAREN | ^4:10PM ZUMBA/LAUREN | INT. LINE DANCING/KAREN | | |
| | 5:20PM | | | ^LINE DANCING/KAREN | | ^LINE DANCING/KAREN | | |
| SUNSET ROOM | 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 TABATA/SHERI | ^AQUA/BONNIE | ^AQUA CARDIO CRUSADERS/DONNA | ^AQUA/BONNIE |
| | 7:30AM | | ^YOGA STRETCH/LEEANNE | ^YIN YOGA/KATIE A | ^YOGA STRETCH/LEEANNE | ^YOGA STRETCH/LEEANNE | ^PILATES STRETCH/LEEANNE | |

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

^ INDICATES CLASSES GEARED TOWARDS THE SENIOR POPULATION 50+