



Drop-In Group Fitness

Starting September 10

Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Zumba®* 10:45 - 11:45 a.m.</p> <p>Zumba Toning®* 12 - 1 p.m.</p> <p>PLEASE NOTE: Sep 8 - Oct 13</p> <p>CCAC Sunday classes will be run at Pinetree</p>	<p>Cardio Core Conditioning 9:30 - 10:30 a.m.</p> <p>Pilates Yoga Fusion 10:45 - 11:45 a.m.</p> <p>Hatha Yoga 12 - 1 p.m.</p> <p>Fit 360 5:30 - 6:30 p.m.</p> <p>NRG Circuit 7 - 8 p.m.</p> <p>Yin Deep Stretch Yoga 8:15 - 9:15 p.m.</p>	<p>NRG Circuit 9:30 - 10:30 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>Hatha Yoga 7 - 8 p.m.</p>	<p>Fit 360 9:30 - 10:30 a.m.</p> <p>Zumba Toning®* 10:45 - 11:45 a.m.</p> <p>Pilates 12:30 - 1:30 p.m.</p> <p>Yin Deep Stretch Yoga 5:30 - 6:45 p.m.</p> <p>NRG Circuit 7 - 8 p.m.</p> <p>Hatha Yoga 8:15 - 9:15 p.m.</p>	<p>Body Basics 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow Yoga 10:45 - 11:45 a.m.</p> <p>Essentrics Beginner 1:15 - 2:15 p.m.</p> <p>Cardio Core Conditioning 7 - 8 p.m.</p> <p>Hatha Yoga 8:15 - 9:15 p.m.</p>	<p>Low Impact 9:30 - 10:30 a.m.</p> <p>Zumba®* 10:45 - 11:45 a.m.</p> <p>Hatha Yoga 12 - 1 p.m.</p> <p>NRG Circuit 6:15 - 7:15 p.m.</p>	<p>Pilates Yoga Fusion 9:15 - 10:15 a.m.</p>

Multipurpose Rooms 1 and 2

<p>Group Ride* 8:15 - 9 a.m.</p> <p>Starts Oct 13</p>	<p>Group Ride* 9:30 - 10:15 a.m.</p> <p>Group Ride* 5:30 - 6:15 p.m.</p>	<p>Group Ride* 7:30 - 8:15 p.m.</p>	<p>Group Ride* 9:30 - 10:15 a.m.</p> <p>Group Ride* 5:30 - 6:15 p.m.</p>	<p>Group Ride* 7:30 - 8:15 p.m.</p>	<p>Group Ride* 9:30 - 10:15 a.m.</p>	
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CCAC closed Sep 3 - 9. Schedule subject to change without notice. *Pre-registration is recommended for this program.