



## FREE SMALL GROUP FITNESS SCHEDULE

*Week of May 12 - 18, 2025*

Day	Time	Class	Instructor	Location
Monday	8 - 9 am	Core & More	Isaiah	Studio 3
Tuesday	5:15 - 6:15 pm	Vin to Yin Yoga	Kristin	Studio 2
Wednesday	11:30 - 12 pm	Mid-Week Meditation	Phoenix	Studio 2
Wednesday	12 - 12:50 pm	Hatha Yoga	Phoenix	Studio 2
Wednesday	5:30 - 6:15 pm	TRX	Gage	Studio 3
Thursday	8 - 9 am	Total Body Strength	Isaiah	Studio 3
Thursday	5:15 - 6 pm	Beginner Yoga	Kristin	Studio 2
Sunday	1 - 2 pm	Cardio Sculpt	Shauna	Studio 3

*Week of May 19 - 22, 2025*

Day	Time	Class	Instructor	Location
Monday	8 - 9 am	Core & More	Isaiah	Studio 3
Monday	4:30 - 5:15 pm	Full Body Bootcamp	Dylan	Studio 3
Tuesday	6:45 - 7:30 am	Cycling	Dylan	Studio 1
Tuesday	7:45 - 8:30 am	Mobility Flow	Dylan	Studio 2
Tuesday	5:15 - 6:15 pm	Vin to Yin Yoga	Kristin	Studio 2
Wednesday	8 - 9 am	Kettlebell Xpress	Dylan	Studio 3
Wednesday	11:30 - 12 pm	Mid-Week Meditation	Phoenix	Studio 2
Wednesday	12 - 12:50 pm	Hatha Yoga	Phoenix	Studio 2
Wednesday	5:30 - 6:15 pm	TRX	Gage	Studio 3
Thursday	8 - 9 am	Total Body Strength	Isaiah	Studio 3



## FREE SMALL GROUP FITNESS SCHEDULE

*Week of May 27 - June 1, 2025*

Day	Time	Class	Instructor	Location
Tuesday	6:45 - 7:30 am	Cycling	Jake	Studio 1
Tuesday	7:45 - 8:30 am	Mobility Flow	Jake	Studio 2
Tuesday	5:15 - 6:15 pm	Vin to Yin Yoga	Kristin	Studio 2
Wednesday	8 - 9 am	Kettlebell Xpress	Dylan	Studio 3
Wednesday	11:30 - 12 pm	Mid-Week Meditation	Phoenix	Studio 2
Wednesday	12 - 12:50 pm	Hatha Yoga	Phoenix	Studio 2
Wednesday	5:30 - 6:15 pm	TRX	Gage	Studio 3
Wednesday	5:30 - 6 pm	Mobility Flow	Jake	Studio 2
Wednesday	6:15 - 7 pm	Classic Circuit	Jake	Studio 2
Wednesday	7 - 7:30 pm	Core & Cooldown	Jake	Studio 2
Thursday	6:45 - 7:30 am	Classic Circuit	Jake	Studio 2
Thursday	7:45 - 8:30 am	Guided Stretching	Jake	Studio 2
Thursday	8 - 9 am	Total Body Strength	Isaiah	Studio 3
Thursday	4:30 - 5:15 pm	Arms & Abs	Dylan	Studio 3
Thursday	5:15 - 6 pm	Beginner Yoga	Kristin	Studio 2
Sunday	1 - 2 pm	Cardio Sculpt	Shauna	Studio 3

**\*CRC Shutdown at noon 5/22 - 5/27**



## FREE SMALL GROUP FITNESS SCHEDULE

*Week of June 2 - June 8, 2025*

Day	Time	Class	Instructor	Location
Monday	8 - 9 am	Core & More	Isaiah	Studio 3
Monday	4:30 - 5:15 pm	Full Body Bootcamp	Dylan	Studio 3
Tuesday	6:45 - 7:30 am	Cycling	Jake	Studio 1
Tuesday	7:45 - 8:30 am	Mobility Flow	Jake	Studio 2
Tuesday	5:15 - 6:15 pm	Vin to Yin Yoga	Kristin	Studio 2
Wednesday	8 - 9 am	Kettlebell Xpress	Dylan	Studio 3
Wednesday	11:30 - 12 pm	Mid-Week Meditation	Phoenix	Studio 2
Wednesday	12 - 12:50 pm	Hatha Yoga	Phoenix	Studio 2
Wednesday	5:30 - 6:15 pm	TRX	Gage	Studio 3
Wednesday	5:30 - 6 pm	Mobility Flow	Jake	Studio 2
Wednesday	6:15 - 7 pm	Classic Circuit	Jake	Studio 2
Wednesday	7 - 7:30 pm	Core & Cooldown	Jake	Studio 2
Thursday	6:45 - 7:30 am	Classic Circuit	Jake	Studio 2
Thursday	7:45 - 8:30 am	Guided Stretching	Jake	Studio 2
Thursday	8 - 9 am	Total Body Strength	Isaiah	Studio 3
Thursday	4:30 - 5:15 pm	Arms & Abs	Dylan	Studio 3
Thursday	5:15 - 6 pm	Beginner Yoga	Kristin	Studio 2
Sunday	1 - 2 pm	Cardio Sculpt	Shauna	Studio 3



## FREE SMALL GROUP FITNESS SCHEDULE

*Week of June 9 - June 29, 2025*

Day	Time	Class	Instructor	Location
Monday	8 - 9 am	Core & More	Isaiah	Studio 3
Monday	4:30 - 5:15 pm	Full Body Bootcamp	Dylan	Studio 3
Tuesday	6:45 - 7:30 am	Cycling	Jake	Studio 1
Tuesday	7:45 - 8:30 am	Mobility Flow	Jake	Studio 2
Tuesday	5:15 - 6:15 pm	Vin to Yin Yoga	Kristin	Studio 2
Wednesday	8 - 9 am	Kettlebell Xpress	Dylan	Studio 3
Wednesday	11:30 - 12 pm	Mid-Week Meditation	Phoenix	Studio 2
Wednesday	12 - 12:50 pm	Hatha Yoga	Phoenix	Studio 2
Wednesday	5:30 - 6:15 pm	TRX	Gage	Studio 3
Wednesday	5:30 - 6 pm	Mobility Flow	Jake	Studio 2
Wednesday	6:15 - 7 pm	Classic Circuit	Jake	Studio 2
Wednesday	7 - 7:30 pm	Core & Cooldown	Jake	Studio 2
Thursday	6:45 - 7:30 am	Classic Circuit	Jake	Studio 2
Thursday	7:45 - 8:30 am	Guided Stretching	Jake	Studio 2
Thursday	8 - 9 am	Total Body Strength	Isaiah	Studio 3
Thursday	4:30 - 5:15 pm	Arms & Abs	Dylan	Studio 3
Thursday	5:15 - 6 pm	Beginner Yoga	Kristin	Studio 2