



GROUP EXERCISE

GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|----------------------------|-------------------------|------------------------|-------------------------|-------------------------|--------------------------|
| THE TRIP 12:30-1:15pm | BODYCOMBAT 6-6:30am | BODYCOMBAT 6-6:30am | BODYCOMBAT 6-6:30am | BODYCOMBAT 6-6:30am | BODYCOMBAT 6-6:30am | Aqua Flow 8-8:45am |
| BODYFLOW 2-2:30pm | Aqua Flow 8-8:45am | Aqua Fitness 8-8:45am | Aqua Flow 8-8:45am | Aqua Fitness 8-8:45am | Aqua Flow 8-8:45am | THE TRIP 8:30-9:15am |
| SPRINT 3-3:30pm | THE TRIP 8:30-9:15am | SPRINT 8:30-9:00am | THE TRIP 8:30-9:15am | Deep Water 9-9:45am | Aqua Toning 9-9:45am | Step & Tone 9:30-10:15am |
| THE TRIP 4-4:45pm | Aqua Fitness 9-9:45am | Deep Water 9-9:45am | Aqua Fitness 9-9:45am | Zumba Gold 9:45-10:30am | Zumba Gold 9:45-10:30am | THE TRIP 11:15am-12:00pm |
| | BODYFLOW 10:15-10:45am | Zumba Gold 9:45-10:30am | BODYFLOW 10:15-10:45am | THE TRIP 11-11:45am | THE TRIP 11-11:45am | BODYCOMBAT 1:30-2:00pm |
| | SPRINT 12-12:30pm | THE TRIP 11-11:45am | SPRINT 12-12:30pm | SPRINT 12-12:30pm | SPRINT 12-12:30pm | SPRINT 2:30-3:00pm |
| | BODYCOMBAT 2-2:30pm | BODYCOMBAT 2-2:30pm | THE TRIP 1:30-2:15pm | BODYCOMBAT 1-1:30pm | THE TRIP 2-2:45pm | THE TRIP 4:30-5:15pm |
| | THE TRIP 3:15-4:00pm | THE TRIP 3:15-4pm | Aqua Fitness 4-4:45pm | THE TRIP 2-2:45pm | BODYFLOW 4-4:30pm | |
| | Aqua Fitness 4-4:45pm | Zumba 6-6:45pm | | BODYCOMBAT 5-5:30pm | THE TRIP 7-7:45pm | |
| | Cardio Kickboxing 5-5:45pm | Aqua Boot Camp 7-7:30pm | | Zumba 6-6:45pm | | |
| | THE TRIP 7-7:45pm | THE TRIP 7-7:45pm | | Vinyasa Yoga 6-6:45pm | | |
| | | | | Aqua Boot Camp 7-7:30pm | | |

Studio Key

Studio - Live

Studio - Virtual

Pool

Due to our COVID19 safety precautions, classes have limited capacity and must be reserved via the Daxko app or online.

HOW TO RESERVE CLASSES:

Reserve the group fitness class of your choice now directly through our online schedule or app. This will ensure you have a dedicated spot in our upcoming class offerings and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation.

Reserve Your Spot

- Step 1: View our schedule online at crymca.org or via the Daxko mobile app
- Step 2: Filter based on your preferences
- Step 3: Look for the reservation icon or 'Sign Up' by your desired class
- Step 4: Select the icon or 'Sign Up' link to reserve your spot
- Step 5: Log in or create an account to reserve your spot