



GROUP EXERCISE

GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12-12:45pm Group Cycling	9:15-10:15am Power Hour	6-6:45am Boot Camp	9:15-10:15am Ripped	9:15-10am Group Cycling	9:15-10:15am Boot Camp	9:30-10:30am Step & Tone
1-2pm Ripped	10:30-11am Zumba	9:15-10am Tabata	10:30-11:15am Group Cycling	9:15-9:45am Zumba	10:45-11:15am Cardio Drumming	10:45-11:15am Family Zumba
2-3pm Yoga	11:15-11:45am Zumba	10:30-11am Cardio Drumming	5:15-5:45pm Zumba	10-10:30am Zumba	11:30am-12p Cardio Drumming	11:30am-12pm Family Zumba
2:30-3:15pm Zumba	5-5:45pm Step & Tone	11:15-11:45am Cardio Drumming	6-6:30pm Zumba	10:30-11:00am Beginner Cardio & Strength	5:30-6:30pm Cardio Kickboxing	12:15pm-1pm Cardio Drumming
	6-6:30pm Zumba	10:30-11:00am Beginner Cardio & Strength	6:30-7pm Beginner Cardio & Strength	5-6pm Ripped	6-6:30pm Zumba	
	6:45-7:15pm Zumba	5-5:45pm Tabata	6:45-7:15pm Cardio Drumming	6:30-7:15pm Step & Tone	6:45-7:15pm Zumba	
		5:30-6:15pm Group Cycling				
		6-6:30pm Family Zumba				
		6:45-7:15pm Family Zumba				
		6:30-7:30pm Yoga				

Meets in Studio A

Meets in Studio B

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