



# GROUP EXERCISE

## GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-Cycling 30-min-C	5:15- Cycling 30 min-C	5:15-Cycling 30 min-C	5:15-Cycling 30 min-C	5:15 Cycling 30 min-C	
	6:15 Cycling 45 min-C	6:15 Sunrise Yoga 60 min-A	5:15-Strength & Conditioning 45 min-B	6:15 Sunrise Yoga 60 min-A	5:15-Weekend 45- B 45 min.	
		7:30 Cycling 45 min-C	6:15 Cycling 45 min-C			
	7:30-Cycling 30 min-C	7:00 Kickbox 30 min-B	7:30 Cycling 30 min-C	7:30 Cycling 45 min-C	7:30 Cycling 45 min-C	
	7:30-Monday Mix- 45 min-B	8:45 Hatha Yoga 45 min-A	7:30 Tabata 45 min-B	7:00 Ripped 50 min-B	7:30 Power Hour 45 min-B	8:00 Vinyasa Yoga 45 min-A
8:00 Cycling 30 min-C	8:30 Cycling 30 min-C	8:30 Cycling 30 min-C	8:30 Cycling 30 min-C	8:30 Cycling 30 min-C	8:30 Cycling 30 min-C	8:00 Cycling 30 min-C
9:00 Barre 45 min-A	8:30 Pilates 30 min-A	8:15 EMOM 30 min-B	8:30 Taboga 30 min-A	8:15 EMOM 30 min-B	8:30 Morning Flow Yoga 60 min-A	8:00 Super Sat 60 min-B
8:30 Vinyasa Yoga 45 min-T		9:15 HIIT Barre 60 min-D	9:15 HIIT Yoga 45 min-T	9:00 A.B.S. 30 min-A		9:00 Vinyasa Yoga 45 min-A
9:00 Cycling 45 min-C	9:30 Cycling 45 min-C	9:30 Cycle & More 60 min-C/A	9:30 Cycling 45 min-C	9:30 Cycle & More 60 min-C/A	9:30 Cycling 45 min-C	9:15 Cycling 45 min-C
	9:15 Kettlebell 45 min-B	9:15 Ripped 60 min-B	9:15 Kettlebell 45 min-B	9:15 Power Hour 45 min-A	9:15 Ripped 60 min-B	9:15 Super Sat 45 min-B
	10:30 Power Core-lates 45 min-B					
			10:30 Vinyasa Yoga 60 min-C	10:00 Barre 45min-D		10:30 Cycling 30 min-C
	10:30 Cycling 30 min-C	10:30 Cycling 30 min-C	10:30 Cycling 30 min-C	10:30 Cycling 30 min-C	10:30 Cycle & Barre 60 min-C/A	
	12:15 Cycling 45 min-C		2:30 Together Fit (parent/child) 45 min-B	12:15 Cycling 45 min-C		
	3:30 Cycling 30 min-C		3:30 Cycling 30 min-C	4:30 Tabata 45 min-A		
	4:15 WERQ 40 min-B	4:30 Zumba 45 min-B	4:30 Step Int. 45 min-B	4:30 Kettlebell 40 min-B	4:30 Power Hour 45 min-B	
	4:30 Cycling-45min-C	4:30 Cycling 30 min-C	4:30 Cycling 30 min-C	4:30 Cycling 30 min-C	4:30 Cycling 45 min-C	
		5:15 Yin Yoga 50 min-T		5:30 Pilates 45 min-A		
	5:30 Cycling 45 min-C	5:30 Cycling 45 min-C		5:30 Cycling 45 min-C		
	5:15 Ripped 60 min-B	5:30 Pound 60 min-B		5:15 WERQ 60 min-B		
		5:30 WERQ 45 min-A	5:30 Cycling 45 min-C	5:15 Yin Yoga 50min-T		
	6:45 Power Hour 50 min-B	6:45 Zumba 45 min-B	5:45 Ripped 60 min-B			
	6:30 Cycling 30 min-C	6:30 Cycling 30 min-C	6:30 Zumba 45 min-A	6:30 Cycling 30 min-C		
	6:30 Family Yoga 45min-A	6:30 Hatha Yoga 60 min-A	6:30 Cycling 30 min-C	6:30 Vinyasa Yoga 60 min-A		
	7:15 Sunset Pilates 30 min-T	6:30 IntensFIT 45 min -Turf	7:00 Tabata 45 min-B	6:30 IntensFIT 45 min-Turf		

**Studio Key:**

- A= Mind Body
- B= Group Exercise
- C=Cycling
- D=Dance Studio
- Gym
- T= Outdoor Terrace
- Indoor Turf

**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](http://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