GROUP EXERCISE

MORNING GROUP EXERCISE SCHEDULE THROUGH AUGUST 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-Cycling 30 min-C	5:15-Cycling 45 min-C	5:15-Cycling 30 min-C	5:15-Cycling 45 min-C	5:15-Cycling 45 min-C	
	6:15-Cycling 45 min-C	6:15-Sunrise Yoga 60 min-T	5:15-Strength & Conditioning 45 min-B	6:15-Sunrise Yoga 60 min-T	5:15-Weekend 45 45 min-B	
	7:00-Monday Mix 30 min-B	7:00-Kickbox 30 min-B	6:15-Cycling 45 min-C	7:00-Ripped 45 min-B	6:15-Cycling 45 min-B	
	7:15-Senior Boot Camp 45 min-A	7:30-Cycling 45 min-C	7:15-Senior Boot Camp 45 min-A	7:30-Cycling 45 min-C	7:00-Power Hour 30 min-B	8:00-Cycling 30 min-C
	7:30-Cycling 30 min-C	7:45-EMOM 30 min-B	7:30-Cycling 30 min-C	8:00-Yoga HIIT 60 min-T	7:15-Senior Boot Camp 45 min-A	8:00-Super Sat 60 min-B
8:00-Cycling 30 min-C	8:30-Cycling 30 min-C		7:30-Tabata 45 min-B	8:00-Pound 45 min-B	7:30-Cycling 45 min-C	
8:30-Vinyasa Yoga 45 min-T	8:30-Pilates 30 min-A	8:30-Taboga 30 min-B	8:00-Yoga Mix 60 min-A	8:30-Cycling 30 min-C	8:30-Cycling 30 min-C	9:00-Vinyasa Yoga 45 min-T
9:00-Barre 45 min-A	9:15-Cycling 45 min-C	8:30-Cycling 30 min-C	8:30-Cycling 30 min-C	8:30-A.B.S. 30 min-D	8:30-Morning Flow Yoga 60 min-A	9:15-Cycling 45 min-C
9:00-Cycling 45 min-C	9:15-Kettlebell 45 min-B	9:15-HIIT Barre 60 min-D	8:30-Taboga 30 min-B	9:15-Cycling & More 60 min-C/A	9:15-Cycling 45 min-C	9:15-Super Sat 45 min-B
9:45-Yin Yoga 60 min-T	9:45-Senior Strength 30 min-A	9:15-Cycling & More 60 min-C/A	9:15-Cycling 45 min-C	9:15-Power Hour 60 min-B	9:15-Ripped 60 min-B	10:30-Cycling 30 min-C
	10:30-Slimnas-tics 45 min-B	9:15-Ripped 60 min-B	9:15-Kettlebell 45 min-B	9:15-Barre 45 min-D	9:45-Senior Strength 30 min-A	
	10:30-Power Core-lates 45 min-A	10:30-Gentle Yoga 60 min-A	9:15-Yin Yoga 60 min-A	10:30-Yin Yoga 60 min-T	10:30-Cycling & Barre 60 min-C/A	
	10:30-Cycling 30 min-C	10:30-Cycling 30 min-C	10:30-Slimnas-tics 45 min-B	10:30-Cycling 30 min-C	10:30-Slimnas-tics 45 min-B	
			10:30-Vinyasa Yoga 60 min-T			
			10:30-Cycling 30 min-C			

*Check out afternoon schedule on the back side

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

GROUP EXERCISE

AFTERNOON GROUP EXERCISE SCHEDULE THROUGH AUGUST 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:15-Cycling 45 min-C			12:15-Cycling 45 min-C		
		4:30-Zumba 45 min-B		4:15-Tabata 45 min-A		
	4:15-WERQ 45 min-B	4:30-Cycling 30 min-C	4:30-Step Int. 45 min-B	4:30-Kettlebell 40 min-B	4:30-Power Hour 45 min-B	
	4:30-Cycling 45 min-C	5:30-Cycling 45 min-C	4:30-Cycling 30 min-C	4:30-Cycling 30 min-C		
	5:30-Ripped 60 min-B	5:30-Pound 60 min-B	5:30-Cycling 45 min-C	5:15-Yin Yoga 60 min-A		
	5:15-Yin Yoga 50 min-A	5:30-WERQ 45 min-A	5:30-Pilates 45 min-A	5:15-WERQ 60 min-B		
	5:30-Cycling 45 min-C	6:30-Cycling 30 min-C	5:30-Ripped 60 min-B	5:30-Cycling 45 min-C		
	6:30-Cycling 30 min-C	6:30-Hatha Yoga 60 min-A	6:30-Cycling 30 min-C	6:30-Vinyasa Yoga 60 min-A		
	6:30-Vinyasa Yoga 60 min-A	6:30-IntensFIT 45 min-Turf	6:30-Zumba 45 min-A	6:30-Cycling 30 min-C		
	6:45-Power Hour 50 min-B	6:45-Zumba 45 min-B	7:00-Tabata 45 min-B	6:30-IntensFIT 45 min-Turf		
	7:10-Sunset Pilates 50 min-T		7:30-Vinyasa/Yin Yoga 60 min-T			

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Gym
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Indoor Turf
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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