



GROUP EXERCISE

GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15-11:15am 20-20-20 Drumming	9:15-10:15am Power Hour	6-6:45am Tabata	9:15-10:15am Ripped	6-6:45am Power Hour	9:15-10:15am Boot Camp	8-9:00am Spin & Shred
12-12:45pm Jump and Pump	10:30-11:30am Zumba	8:30-9:15am Zumba Sentao	10:30-11:15am Zumba Gold	9:15-10:15am Zumba	10:30-11:15am Hard-core Cycling	9:15-10:15am Step & Tone
12-12:45pm Group Cycling	11:15am-12pm Gentle Yoga	9:15-10am Tabata	4:30-5:15pm Zumba Strong	10:30-11:30am Jump and Pump	11:30am-12:15pm Silver Sneakers	10:30-11:15am Family Zumba
1-2:00pm Ripped	5-6:00pm Step & Tone	9:30-10:15am Strength & Flexibility	5:30-6:30pm Cardio Drumming	10:30-11:15am Strength & Flexibility	10:45-11:45am Cardio Drumming	11:30am-12:30pm Cardio Drumming
2:15-3:15pm Zumba	6:15-7:15pm Zumba	10:30-11:30am Cardio Drumming	6:45-7:45pm Zumba	5-6:00pm Ripped	4:15-5:15pm Boot Camp	
1:15-2:15pm Yoga	7:30-8:30pm Cardio Kickboxing	5-5:45pm Tabata		6:30-7:15pm Step & Tone	5:30-6:30pm Cardio Kickboxing	
		5:30-6:15pm Group Cycling		7:30-8:30pm Yoga	5:30-6:15pm Group Cycling	
		6-7:00pm Zumba Toning			6:45-7:45pm Zumba	
		6:30-7:30pm Yoga				
		7:15-8pm Cardio Drumming				

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