



GROUP EXERCISE

GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPRINT 6-6:30am	SPRINT 6-6:30am	SPRINT 6-6:30am	SPRINT 6-6:30am	SPRINT 6-6:30am	
	Aqua Fitness 8-8:45am	Aqua Fitness 8-8:45am	Aqua Fitness 8-8:45am	Aqua Fitness 8-8:45am	Aqua Fitness 8-8:45am	Aqua Toning 8-8:45am
	THE TRIP 8-8:45am	THE TRIP 8-8:45am	THE TRIP 8-8:45am	THE TRIP 8-8:45am	THE TRIP 8-8:45am	THE TRIP 8:30-9:15am
	Aqua Flow 9-9:45am	Deep Water 9-9:45am	Aqua Flow 9-9:45am	Deep Water 9-9:45am	Aqua Toning 9-9:45am	
	SilverSneakers Classic 9-9:45am	Zumba 9-10:00am	SilverSneakers Classic 9-9:45am	Zumba 9-10:00am		Step & Tone 9:30-10:15am
	Aqua Zumba 11-11:45am	SilverSneakers Splash 11-11:45am	Aqua Zumba 11-11:45am	SilverSneakers Splash 11-11:45am		
		THE TRIP 11-11:45am	GRIT ATHLETICS 11-11:30am		THE TRIP 12-12:45pm	THE TRIP 11:15am-12pm
THE TRIP 12:30-1:15pm		SPRINT 12-12:30pm	SPRINT 12-12:30pm	SPRINT 12-12:30pm		
			LES MILLS BARRE 1-1:30pm	LES MILLS BARRE 1-1:30pm	LES MILLS BARRE 1-1:30pm	GRIT ATHLETICS 1:30-2:00pm
GRIT ATHLETICS 2-2:30pm	GRIT ATHLETICS 2-2:30pm	GRIT ATHLETICS 2-2:30pm	THE TRIP 2-2:45pm			LES MILLS BARRE 2:30-3:00pm
LES MILLS CORE 3-3:30pm	THE TRIP 3:15-4:00pm	THE TRIP 3:15-4:00pm		THE TRIP 3:15-4:00pm	THE TRIP 3:15-4:00pm	
THE TRIP 4-4:45pm	SilverSneakers Splash 4-4:45pm		SilverSneakers Splash 4-4:45pm	LES MILLS CORE 4:15-4:45pm		
	LES MILLS CORE 4:15-4:45pm	LES MILLS CORE 4:15-4:45pm		LES MILLS BARRE 5-5:30pm	LES MILLS CORE 4:15-4:45pm	THE TRIP 4:30-5:15pm
	SH'BAM 5-5:45pm	Zumba 6-6:45pm		Zumba 5:45-6:45pm		
	Step & Tone 6:15-7:00pm			Vinyasa Yoga 6-6:45pm	Cardio Drumming 6-6:45pm	
	Cardio Drumming 7:15-8:00pm	Aqua Bootcamp 7-7:45pm		Aqua Bootcamp 7-7:45pm		
		THE TRIP 7-7:45pm	Tabata 7:15-8:00pm	Step & Tone 7-7:45pm	THE TRIP 7-7:45pm	

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