

# CRIS Group Fitness Classes

## Fall 2011

August 29-December 3

### Monday

Cycle 12 p.m.  
Zumba 4:30 p.m.\*  
Cycle 5 p.m.  
Pilates 6 p.m.  
Kickboxing 7 p.m.

### Tuesday

Aqua Zumba 12 p.m.\*\*  
Cycle 5 p.m.  
HIIT 5 p.m.\*\*\*  
Ab Lab 6 p.m.  
Yoga 7 p.m.

### Wednesday

Cycle 12 p.m.  
Zumba 4:30 p.m.\*  
Cycle 5 p.m.  
Kickboxing 6 p.m.  
Pilates 7 p.m.

### Thursday

Kickboxing 12 p.m.  
Cycle 5 p.m.  
Ab Lab 6 p.m.  
Zumba 7 p.m.

### Friday

Yoga 4 p.m.  
Cycle 5 p.m.  
HIIT 6 p.m.\*\*\*

### Saturday

Zumba 10 a.m.  
Cycle 12 p.m.  
Aqua Zumba 1 p.m.\*\*

All classes located in the Group Fitness Studio unless otherwise noted.

\*Gray Gym

\*\*Indoor Leisure Pool

\*\*\*Multi-Purpose Room

Closed on Monday, Sept. 5 for Labor Day and Nov. 24-27 for Thanksgiving.  
Rec Center will close early, at 7 p.m., on Oct. 17-18 and Nov. 23.  
All classes held at 7 p.m. or later on those dates will be canceled.