

Crosslands Group Fitness

Classes are 45 minutes in length

Unless otherwise indicated

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Aqua Fit Aquatic Facility	Advanced Aqua Core Aquatic Facility	Aqua Fit Aquatic Facility	Advanced Aqua Core Aquatic Facility	Aqua Fit Aquatic Facility
9:00a	Cardio Gold Aerobics Room		Cardio Gold Aerobics Room		Cardio Gold Aerobics Room
10:00a	Water Walking Aquatic Facility	Healthy Joints Aquatic Facility		Healthy Joints Aquatic Facility	Water Walking Aquatic Facility
10:00a	YMCA Strength Training	Get Fit While You Sit Firbank East (30 minutes) 10:15-10:45	YMCA Strength Training	Get Fit While You Sit Firbank East (30 minutes) 10:15-10:45	YMCA Strength Training
11:00a	Firbank Chair Yoga Firbank Central (30 minutes)	Functional Balance Aerobics Room	Zumba Aerobics Room	Functional Balance Aerobics Room	Get Fit While You Sit Firbank Central (30 minutes)
PM	Yoga Aerobics Room 1:30 – 2:30			2) Six week Specials Balance and Games → 6/8 – 7/13 Pilates, Balance Fusion → 7/20 – 8/24 2:00 - 2:30 Meet in Aerobics Room	

Effective 6/5/2017

Questions?

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