

Crosslands Group Fitness

Classes are 45 minutes in length
Unless otherwise noted

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Aqua Fit <i>Aquatic Facility</i>	Advanced Aqua Core <i>Aquatic Facility</i>	Aqua Fit <i>Aquatic Facility</i>	Advanced Aqua Core <i>Aquatic Facility</i>	Aqua Fit <i>Aquatic Facility</i>
9:00a	Cardio Gold <i>Aerobics Room</i>		Cardio Gold <i>Aerobics Room</i>		Cardio Gold <i>Aerobics Room</i>
10:00a	YMCA Strength Training <i>Sport Room</i>	Healthy Joints <i>Aquatic Facility</i>	YMCA Strength Training <i>Sport Room</i>	Healthy Joints <i>Aquatic Facility</i>	YMCA Strength Training <i>Sport Room</i>
10:15a	Water Walking <i>Aquatic Facility</i> 10:15-10:45	Get Fit While You Sit <i>Audland Living Room</i> 10:15-10:45		Get Fit While You Sit <i>Audland Living Room</i> 10:15-10:45	Water Walking <i>Aquatic Facility</i> 10:15-10:45
11:00a		Functional Balance <i>Aerobics Room</i>	Zumba <i>Aerobics Room</i>	Functional Balance <i>Aerobics Room</i>	
PM	Yoga <i>Aerobics Room</i> 1:30 – 2:30				

Effective 8/27/2018

Questions??

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