Clyde Recreation Center **WINTER 2024** Schedule

	MONDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	TUESDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	WEDNESDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP
5:00 AM								MRT Bill							
6:00AM	HIGH Loni/Taylor	CYCLE Jennefer	CRC-FIT Jessi	AQUA ZUMBA Renee	DEEP Charity	CRC-STRENGTH Lana	CYCLE Amy P	MRT Bill	SHALLOW WATER Jodi		HIGH (GYM) Sadie CRC-Strength Lana	CYCLE Marilyn	CRC-FIT Jessi	AQUA PUMP Renee	DEEP Charity
7:00AM	SURGE FIT Anna					STEPIT STRENGTH Jack									
8:15AM	YOGA Regina			TWINGES N HINGES (8:00AM) Jodi						GLIDGE YOGA Cari	YOGA Regina				
9:15AM	ZUMBA (GYM) Cassie	CYCLE Lauren	CRC-FIT Jessi	TWINGES N HINGES (9:30AM) Renae		HIGH (GYM) Kara	CYCLE Stacey	CRC-KICK Emma	AQUA ZUMBA Karen		ZUMBA (GYM) Hettie SCULPT & STRETCH Sari	CYCLE LeeAnn	CRC-FIT Tessa	TWINGES N HINGES (9:30AM) Renae	
10:15AM	CRC-Strength (GYM) Megan					UPBEAT BARRE Kara			AQUA COMBAT Mindy		DRENCH (GYM) Mindy				
11:15AM	RESTORATIVE YOGA Mindy S.					DRUMS ALIVE Renae		CRC-Stroller Tessa			PRE & POSTNATAL YOGA Katelyn				
12:15PM	SILVER SNEAKERS Renee					TAI CHI Jennifer					SILVER SNEAKERS Renee				
4:30PM	YOGA KIDS (ages 5-10) Amber					ZUMBA KIDS (Ages 5-12) Kat									
5:00PM															
6:00PM	UPBEAT BARRE Lauren										SURGE STRENGTH Renee B				
7:00PM	ZUMBA STEP Shannon		CRC-FIT Alec			HIGH Anna/Grace	CYCLE Karsyn				ZUMBA STEP Shannon		CRC-FIT Alec		
8:00PM	YOGA Mindy C.				DEEP Ellie	DANCE FITNESS Katie			AQUA ZUMBA Karen		YOGA Regina				DEEP Emily
9:00PM	MEDITATION Katelyn					Deep Stretch (30min) Jamie									

TIME	THURSDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	FRIDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	SATURDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP
5:00 AM			MRT Bill												
6:00AM	CRC- STRENGTH (GYM) Lana SURGE FIT Saige	CYCLE Amy P	MRT Bill	SHALLOW Lisa		HIGH Renee/Jackie	CYCLE Kim	CRC-FIT Jessi	AQUA ZUMBA Renee	DEEP Charity					
7:00AM		CYCLE Amy P				SURGE STRENGTH Sharidan					BARRE/PILATES Jenny			AQUA COMBAT Renee	
8:15AM					GLIDGE YOGA Cari	YOGA Mindy C					SURGE STRENGTH (GYM) Saige	CYCLE Brook			
											ZUMBA TONING Megan				
9:15AM	HIGH (GYM) Sadie	CYCLE Stacey		AQUA ZUMBA Jodi		CRC-Strength (GYM) Mindy ZUMBA TONING Shannon	CYCLE Cameron	CRC-FIT Tessa	TWINGES N HINGES (9:30AM) Renae		HIGH (GYM) Sari, Grace, Taylor, Renee & Maegan				
10:15AM	BARRE SCULPT Shey		CRC- FIT Stacey			UPBEAT LIFT Kara					Yoga Katelyn		CRC-FIT Jessi	TWINGES N HINGES (10:30AM) Renae	
11:15AM	DRUMS ALIVE Renae		CRC- STROLLER Tessa			SILVER SNEAKERS BOOM Renee									
12:15PM															
4:30PM	ZUMBA KIDS (Ages 5-12) Kat														
6:00PM	UPBEAT PILATES Lauren														
7:00PM	ZUMBA Diana	CYCLE Lauren/Cameron													
8:00PM	HIGH Kellianne			AQUA ZUMBA Karen	GLIDE CARDIO WAVE Lisa										
9:00PM	SOUND BATH Desree														