



CMRC Group Exercise Class Schedule Summer 2012

Effective June 4-August 31, 2012



CMRC values health and exercise and provides group exercise classes to our members for **FREE!** Non-Members must pay the visitor rate of \$5/class. All participants must have a ticket to enter. Please be courteous and respectful to other participants and our instructors by being early to class. Class participation is limited based on space & equipment. Our classes are designed to serve all ages and ability levels. Thank you & enjoy the Group Exercise classes at Clay Madsen Recreation Center!

Strength

Endurance

Mon	Tues	Wed	Thurs	Fri	Sat
Cardio Party Plus 9:15-10:00am <i>Anna</i> Mtg. Room Max Participants: 35		As Many Reps As Possible 8:30-9:30am <i>Tyler</i> Mtg. Room Max Participants: 20	Interval Training 10:15-11:15am <i>Anna</i> Mtg. Room Max Participants: 20	Zumba 9:00-10:00am <i>Selve</i> Mtg. Room Max Participants: 35	Core & More 8:15-9:15am <i>Anna</i> Mtg. Room Max Participants: 20
		Zumba 9:45-10:45am <i>Amy</i> Mtg. Room Max Participants: 35		Have a Ball 10:15-11:00am <i>Anna</i> Mtg. Room Max Participants: 16	Zumba 9:30-10:30am <i>Selve</i> Mtg. Room Max Participants: 35
Push, Pull, Squat 5:00-6:00pm <i>Gentry</i> Gym 2 Max Participants: 24					
Zumba 6:15-7:15pm <i>Selve</i> Gym 2 Max Participants: 50		Lower Body Blast 5:15-6:15pm <i>Gentry</i> Gym 2 Max Participants: 24	Cardio Party Plus 5:00-5:45pm <i>Anna</i> Gym 1 Max Participants: 35		
As Many Reps As Possible 7:30-8:30pm <i>Tyler</i> Gym 2 Max Participants: 20	Zumba 7:00-8:00pm <i>Selve</i> Mtg. Room Max Participants: 35	Belly Dancing Cardio 7:45-8:30pm <i>Selve</i> Mtg. Room Max Participants: 35			

Power

Commitment

Life

Fun

Schedule Subject to Change

Updated 5-22-12

