

# Crowley Recreation Center

## GROUP FITNESS SCHEDULE

| Monday                             | Tuesday                       | Wednesday                      | Thursday                   | Friday | Saturday |
|------------------------------------|-------------------------------|--------------------------------|----------------------------|--------|----------|
| 9 AM<br>Total Body<br>-Militza     | 9 AM<br>Yoga<br>-Patty        | 9 AM<br>Total Body<br>-Militza | 9:00 AM<br>Yoga<br>-Patty  |        |          |
| 12:00 PM<br>Fit For Life<br>-Patty |                               |                                |                            |        |          |
|                                    |                               |                                |                            |        |          |
|                                    | 5:30 PM<br>Zumba<br>-Michelle |                                | 5:30 PM<br>Zumba<br>-Kisha |        |          |
| 6:30 PM<br>Zumba<br>-Kisha         |                               |                                |                            |        |          |

### Facility Hours:

Summer:  
M-F 5 AM - 9 PM  
Sat. 8 AM - 4 PM

### Winter:

M-F 5 AM - 8 PM  
Sat. 8 AM - 4 PM

### Childcare Hours:

Monday - Friday  
9:00AM - 12:00PM  
5:00PM - 8:00PM  
Saturdays  
10:00AM - 12:00PM

817-297-5170

