

Group Fitness Schedule



Access to Group Fitness Classes at the CRC is included with all memberships. Our instructors make class fun and enjoyable for anyone who wishes to attend. Be a part of one of our classes today!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 AM Total Body -Mitza	9 AM Yoga -Patty	9 AM Total Body -Mitza	9:00 AM Yoga -Patty	9 AM Power Hour HI Dee'Na	
	10 AM Power Hour HI Dee'Na				
12:00 PM Fit For Life -Patty					
5:30 PM Power Hour HI Dee'Na	5:30 PM Zumba -Michelle	5:30 PM Power Hour HI Dee'Na	5:30 PM Zumba -Kisha		
6:30 PM Zumba -Kisha		6:30 PM High Fitness Alle			
<div> <div> Facility Hours: Summer: M-F 5 AM - 9 PM Sat. 8 AM - 4 PM </div> <div> Winter: M-F 5 AM - 8 PM Sat. 8 AM - 4 PM </div> <div> Childcare Hours: Monday - Friday 9:00AM - 12:00PM 5:00PM - 8:00PM </div> <div> Saturdays 10:00AM - 12:00PM </div> <div> 817-297-5170  </div> </div>					

Supporting Documents

Group Fitness Class Schedule 231.92 KB

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