



# CSCC FITNESS CLASSES - JUNE SCHEDULE

Sign up by month or by drop in fee. Classes begin June 1.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Absolute Abs		6:30-7:30 pm					
Aqua Interval		7:00-8:00 pm					8:30-9:30 am
Aqua Zumba	11:00-Noon						
R.I.P.P.E.D.					5:30-6:30 pm		9:30-10:30 am
HIIT/Boot Camp		5:30-6:30 pm		6:30-7:30 pm			
Deep Water				6:00-7:00 pm			
Barre Fusion				4:30-5:30 pm & 7:30-8:15 pm			
Kettle bell TRX		Beginner 4:30-5:30 pm		6:30-7:30 pm			
Kettlebell	4:00-5:00 pm						Beginners 7:30-8:30 am
PIYO				5:30-6:30 pm	8:30-9:30 am		8:30-9:30 am
Pilates			8:30-9:30 am & 5:30-6:30 pm				
Total Body Condition						5:30-6:30 pm	
Cardio Kickboxing	5:00-6:00 pm		6:30-7:30 pm				
Zumba Dance					6:30-7:30 pm		
TRX Group Training				7:30-8:15 pm			

**FITNESS/EXERCISE CLASS PER MONTH FEES:**

Member- \$18.00  
 Non-Member- \$26.00

**DROP IN:**

Member \$5.50  
 Non-Member \$8.00

**\*\*Sign up for 2 classes in the same month and receive a \$4 discount on each additional class in that same month. Register early - space is limited.**

SENIOR CLASSES ARE LISTED ON REVERSE.