

CRC FITNESS SCHEDULE

WINTER 2010

MONDAYS

PLYOGA

9:00 AM - 10:00 AM
IN SUITE C

YOGA

6:30 PM - 7:30 PM
IN SUITE C

TUESDAYS

CARDIO TENNIS

12:00 PM - 1:00 PM
BACK TENNIS COURTS

WEDNESDAYS

PLYOGA

8:00 AM - 9:00 AM
IN SUITE C

SENIOR STRENGTH & BALANCE

9:30 AM - 10:30 AM
IN THE SQUASH GALLERY

THURSDAYS

YOGA

6:30 PM - 7:30 PM
IN SUITE C

FRIDAYS

TAI CHI

10:00 AM - 11:00 AM
IN THE SQUASH GALLERY

