

CRESTWOOD FITNESS CLASS SCHEDULE

SPRING 2019 April 1 to June 30

All classes are self-paced



	Mon	Tues	Wed	Thurs	Fri
11:30-12:00		Core			
12:05-12:55	Interval Style	H.C.W Hardest class of the week	Strong by Zumba	Muscle	Step & Core
1:00 - 1:30			Stretch		
4:35-5:30	Flow Yoga <i>Registered class - Paid April 29 to May 27</i>				

Yoga is a registered class with an extra fee to participate. Sessions are 4-6 weeks long with no class on stat holidays.

All classes are included in your membership except Flow Yoga. Drop in to Yoga is \$15 per class.