

## CREC In-Person, ONLINE, and Hybrid Fitness Schedule April 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 to 7		Cycle in the Gym 6am		Cycle in the Gym 6am		
7 to 8						
8 to 9						Cycle in the Gym HYBRID 8:15am
9 to 10		Zumba Gold in the MUR 9am	Gentle Stretch&Tone ONLINE 9am		Barre Fitness ONLINE 9am	
10 to 11				Barre in the MUR 10am		
10 to 11	Senior Fitness ONLINE 10:15am	Senior Chair Yoga ONLINE 10:15am	Senior Fitness ONLINE 10:15am	Senior Chair Yoga ONLINE 10:15am	Senior Fitness ONLINE 10:15am	
11 to 12	T'ai Chi Chih Begnr. ONLINE 11:30am			Balance&Agility HYBRID 11:30am		
1 to 2						
2 to 3						
3 to 4						
4 to 5						
5 to 6						
6 to 7	Barre ONLINE 6pm	Barre Blend 6pm				
7 to 8		Hatha Yoga ONLINE 7pm				