

Montrose Recreation District Community Recreation Center Fitness Class Schedule

***Fitness Classes with Daily Admission, Punch Pass and Annual Pass at no additional cost.**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASSES		Spin FitZone 6:00 AM	Strength & Conditioning FitZone 6:00 AM	Spin FitZone 6:00 AM	Strength & Conditioning FitZone 6:00 AM	Spin FitZone 6:00 AM	Spin FitZone 8:30 AM
		Spin FitZone 8:30 AM	Spin FitZone 8:30 AM	Spin FitZone 8:30 AM	Spin FitZone 8:30 AM	Yoga FitZone 8:15 AM	TRX Nation FitZone 9:40 AM
		Body Sculpting Gym 9:30 AM	TRX Nation FitZone 9:30 AM	Strength/Balance/Yoga FitZone 9:30 AM	TRX Nation FitZone 9:30 AM	SS Yoga FitZone 9:30 AM	Zumba FitZone 10:30 AM
		Zumba FitZone 10:45 AM	Barre FitZone 10:45 AM	Zumba FitZone 10:45 AM	Barre FitZone 10:45 AM	Body Sculpting Gym 9:30 AM	
		Circuit Training Weight Area 11:00 AM	SS Classic FitZone Noon	Circuit Training Weight Area 11:00 AM	SS Cardio Fit FitZone Noon	Zumba FitZone 10:45 AM	
		TRX Nation FitZone Noon	Barre FitZone 4:30 PM	TRX Nation FitZone Noon	Body Sculpt Blast FitZone 4:30 PM	Circuit Training Weight Area 11:00 AM	
		Yoga FitZone 4:30 PM	Spin FitZone 5:30 PM	Yoga FitZone 4:30 PM	Spin FitZone 5:30 PM		
		Zumba FitZone 5:45 PM	Zumba FitZone 6:30 PM	Zumba FitZone 5:45 PM	TRX Nation FitZone 6:30 PM		



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