

CRC - Group Fitness Class Schedule (In-Person & Virtual) - STARTS NOV 2ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5:30-6:30 AM			6:45-7:45 AM
	Yoga - All Levels Mallory D			Yoga - All Levels Nicole
8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM
Yoga - All Levels Jackie	Yoga - All Levels Nicole	Kickboxing Dezra	Yoga - All Levels Jackie	Kickboxing Dezra
			9:15-10:15 AM	
			Chair Yoga Jackie	
10:00-11:00 AM		10:00-11:00 AM		
Senior Fit Juanita		Senior Fit Juanita		
5:15-6:15 PM	5:15-6:15 PM		5:15-6:15 PM	
Zumba Susie	Pound Jamie		Zumba Susie	
	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	
	Zumba Belinda	Zumba Belinda	Pound Jamie	

CoVid-19 Safety Measures – Masks are required to be worn inside the Community Recreation Center at all-times. For outdoor classes, instructors may provide instruction once masks can be removed; masks are required before and after class when outdoors. All in-person attendees will need to pass a health screening before each class. Each attendee will have 15 foot workout area to ensure physical distancing requirements.

In-Person Class Reservation - Classes limited to 8 participants, advance reservation is available for each class. In-person class reservation open two-days in advance; Monday classes open at 5:15 am on Friday. Online registration closes the day of class, phone and walk-in reservation is available approximately 15 minutes before class starts. **Virtual Class Reservation** – Participants interested in virtual classes enroll in the “Virtual Group Fitness Classes”. After enrollment into Virtual classes you will receive an email with the zoom links for all classes within 48 hours. ***Reservation requests left on voicemail will not be accepted.***

Class Information, How to Register, and descriptions is on back. For up-to-date information and schedule changes, follow Casa Grande Community Recreation Center on Facebook: www.facebook.com/CasaGrandeCRC

HYBRID CLASS INFORMATION

- **Start Date** – Monday, November 2nd
- **In-Person Class Location** – Community Room at the Casa Grande Community Recreation Center.
- **In-Person Max Capacity** - 8 people per class (225 sf per person)
- **Equipment** – All participants are encouraged to provide their own equipment, yoga participants will be required (mats, blankets, blocks etc.). Chairs, pound sticks, and weights will be available.
- **Cost** – Members participating in in-person or virtual group-x classes will have their membership reactivated and credits for time lost applied.

CLASS RESERVATIONS

- **In-Person Class Reservation** - Due to class size limitations advance reservation is available for each class. In-person class reservation will open two-days in advance; Monday classes will open for reservation at 6:00 am on Friday. Online registration closes the day of class, phone and walk-in reservation is available approximately 15 minutes before class starts. Reservation requests left on voicemail will not be accepted.
- **Virtual Class Reservation** – Participants interested in virtual classes enroll in the “Virtual Group Fitness Classes”. After enrollment into Virtual classes you will be emailed the zoom links for all classes within 48 hours. Reservation requests left on voicemail will not be accepted.

COVID-19 SAFETY MEASURES

Masks are required to be worn inside the Community Recreation Center at all-times. For outdoor classes, instructors may provide instruction once masks can be removed; masks are required before and after class when outdoors. All in-person attendees will need to pass a health screening before each class. Each attendee will have 15 feet of workout area to ensure physical distancing requirements.

ADULT CLASSES

Cardio Kickboxing: Class that combines full-body aerobic exercises with boxing and martial arts moves. The focus of cardio kickboxing is twofold: movement and fun. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Pound: Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Senior Fit: Class specifically designed for active adults to strengthen muscles, stretch tight areas and build core strength.

Yoga All Levels: This is a multi-level yoga class with modifications for individual levels of varying ability. This class is a walk-in class; available on a first-come-first-serve basis.

Yoga – Chair: In this class the participant will move through a set of physical exercises, guided by each individual's physical anatomy; respecting the boundaries of their body's abilities in order to build strength and increase flexibility and mobility, while bringing the attention to the breath, in order to focus and concentrate on the present moment.

Zumba: Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Canceling a Reservation - Please cancel reservations prior to **two hours** of a class's starting time so that someone else can experience the great workout you'll be missing.

Cost - Class included with membership; non-members pay daily admission fee at the facility. Members with their membership on hold, will have membership restarted (with applied credits) upon enrolling.

Age Requirements – Participants must be at least age 16 to attend classes. Age 13-15 may attend class with an adult direct supervision.