

## CRC - Group Fitness Class Schedule (In-Person & Virtual) - Spring Schedule

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

\* TRX Suspension Training classes start on January 12th, 2021

\*\* Family Fit Night starts on January 21st, 2021

**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](https://www.facebook.com/CasaGrandeCRC)

## **HYBRID CLASS INFORMATION**

- **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 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. 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-foot 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.

**Family Fit Night:** Our certified group fitness instructors will teach classes from kickboxing, to pound and yoga.

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

**TRX Suspension Training:** This is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells, regardless of one's fitness level. This class is great for those who want to develop lean muscle, build muscle, or lose weight. It is the perfect workout for any fitness level because each participant can adjust the difficulty of each exercise.

**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.

**Yin Yoga:** A slow flowing practice, holding poses for a longer period of time. Exceptionally beneficial for athletes, body builders, those looking for a deep connective tissue release and stretch or to balance a hectic lifestyle.

**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.

**Cancelling 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.