

Clyde Recreation Center **SUMMER 2024** Schedule

	MONDAY					TUESDAY					WEDNESDAY				
	FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP
5:00 AM								MRT Bill							
6:00 AM	HIGH Loni/Taylor	CYCLE Jennefer	CRC-FIT Jessi	AQUA ZUMBA Renee (6:05AM)	DEEP Charity	CRC-STRENGTH Lana	CYCLE Amy P	MRT Bill	SHALLOW WATER Jodi (6:05AM)		UPLIFT (GYM) Sadie	CYCLE Marilyn	CRC-FIT Jessi	AQUA PUMP Renee (6:05AM)	DEEP Charity
7:00 AM	SURGE FIT Kaylor			TWINGES N HINGES Reneae		STEPIT STRENGTH Monta			AQUA COMBAT Mindy					TWINGES N HINGES Reneae	
8:00 AM	YOGA Regina			TWINGES N HINGES Reneae					AQUA ZUMBA Jodi		YOGA Regina			TWINGES N HINGES Reneae	
9:00 AM	ZUMBA (GYM) Cassie	CYCLE Lauren	CRC-Fit Aileen			HIGH (GYM) Kara	CYCLE Stacey	CRC-KICK Jennefer			ZUMBA (GYM) Hettie	CYCLE LeeAnn	CRC-FIT Tessa		
	BARRE SCULPT Shey										SCULPT & STRETCH Sari				
10:00 AM	CRC-Strength (GYM) Megan					UPBEAT BARRE Kara					DRENCH (GYM) Mindy				
11:00 AM	RESTORATIVE YOGA Mindy S.							CRC-Stroller Tessa (11:15AM)							
12:00 PM	SILVER SNEAKERS Renee					TAI CHI Jenifer					SILVER SNEAKERS Renee				
4:30 PM															
5:00 PM						PRE & POSTNATAL YOGA Katelyn									
6:00 PM	UPBEAT BARRE Lauren					UPBEAT PILATES Jackie					SURGE STRENGTH Renee B				
7:00 PM	ZUMBA STEP Shannon		CRC-FIT Alec			HIGH Grace	CYCLE Karsyn				ZUMBA STEP Shannon		CRC-FIT Alec		
8:00 PM	CANDLELIGHT YOGA Katelyn				DEEP Ellie	DANCE FITNESS Katie			AQUA ZUMBA Desree		YOGA Regina				DEEP Emily
9:00 PM	MEDITATION (30min) Katelyn					Deep Stretch (YO) (30min) Jamie					SOUND BATH Shanna				

