



## Early Summer Season (May 21 - June 29, 2018)

online information >> <http://ccwc.blog>

\*Sunrise - 6:15

\*Sunset - 8:15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<b>5/21</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)	<b>5/22</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM CCX Boot Camp (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>5/23</b> 7:00AM CCX Boot Camp (30 mins) 7:30AM Yo-Chi (Gentle)  4:30PM Aqua Zumba® (45 mins)	<b>5/24</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM POUND® fitness (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>5/25</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)  11:00AM Arthritic Water Exercise (45 mins)
Week 2	<b>5/28</b> <b>Memorial Day</b>	<b>5/29</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM CCX Boot Camp (60 mins) 7:30PM Sunset Yoga (Gentle)	<b>5/30</b> 7:00AM CCX Boot Camp (30 mins) 7:30AM Yo-Chi (Gentle)  4:30PM Aqua Zumba® (45 mins)	<b>5/31</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM POUND® fitness (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/1</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)  11:00AM Arthritic Water Exercise (Gentle)
Week 3	<b>6/4</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)	<b>6/5</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM CCX Boot Camp (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/6</b> 7:00AM CCX Boot Camp (30 mins) 7:30AM Yo-Chi (Gentle)  4:30PM Aqua Zumba® (45 mins)	<b>6/7</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM POUND® fitness (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/8</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)  11:00AM No Class
Week 4	<b>6/11</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)	<b>6/12</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM CCX Boot Camp (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/13</b> 7:00AM CCX Boot Camp (30 mins) 7:30AM Yo-Chi (Gentle)  4:30PM Aqua Zumba® (45 mins)	<b>6/14</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM POUND® fitness (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/15</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)  11:00AM Arthritic Water Exercise (Gentle)
Week 5	<b>6/18</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)	<b>6/19</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM No Class  7:30PM No class	<b>6/20</b> 7:00AM CCX Boot Camp (30 mins) 7:30AM Yo-Chi (Gentle)  4:30PM Aqua Zumba® (45 mins)	<b>6/21</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM POUND® fitness (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/22</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)  11:00AM Arthritic Water Exercise (Gentle)
Week 6	<b>6/25</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga	<b>6/26</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM CCX Boot Camp (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/27</b> 7:00AM CCX Boot Camp (30 mins) 7:30AM Yo-Chi  4:30PM Aqua Zumba® (45 mins)	<b>6/28</b> 8:30AM Zumba® Toning (30 mins) 9:00AM Aqua Zumba® (45 mins)  6:30PM POUND® fitness (60 mins) 7:30PM Sunset Yoga (30 mins)	<b>6/29</b> 7:00AM The Barn H.I.I.T. (30 mins) 7:30AM Sunrise Yoga (Gentle)  11:00AM Arthritic Water Exercise (Gentle)

\* Season Pass (Non-refundable, only valid for 6 weeks), Punch Card (Valid through May 2018 to April 2019) for \$25, Drop-in; \$5

\*\* Classes can be canceled due to weather / facility condition.