



Carnes Crossroads
WELLNESS CLUB

End of Summer Season (August 27 - October 5, 2018)

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

*Sunrise - 7:10am

*Sunset - 7:20pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	8/27 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)	8/28 No Class 6:30PM CCX Boot Camp (60 mins) (All Levels) No Yoga Class	8/29 7:00AM CCX Boot Camp (30 mins) (All Levels) 7:30AM Yo-Chi (30 mins) (Gentle)	8/30 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	8/31 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)	9/1 Annual SPECIAL Aqua Zumba® class with Guest Instructors 9:00-10:00am \$5 (minimum donation for St. Jude Walk/Run)
Week 2	9/3 Labor Day 7:00am Group Running (30 mins) (FREE, All Levels) * Meet at the Barn * 1 - 3 miles	9/4 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/5 7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)	9/6 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/7 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga	9/8 CARNES CROSSROADS WELLNESS FAIR ROPER HOSPITAL & PRACTICE 10:00am-2:00pm at the Barn
Week 3	9/10 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)	9/11 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/12 7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)	9/13 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/14 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (Gentle)	9/15 7:00am Group Running (30 mins) (FREE, All Levels) * Meet at the Barn * 1 - 3 miles * Walkers are welcome
Week 4	9/17 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga	9/18 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/19 7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)	9/20 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/21 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (Gentle)	9/22 ST. JUDE WALK/RUN to End Childhood Cancer Meet 7:30am, Start 8:00am
Week 5	9/24 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)	9/25 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/26 7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)	9/27 8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)	9/28 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga	9/29
Week 6	10/1 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)	10/2 9:00AM Zumba® Toning (60 mins) (All Levels)	10/3 7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi	10/4 9:00AM Zumba® Toning (60 mins) (All Levels)	10/5 7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)	First Friday

* 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.