



Clear Creek Family Activity Center WEEKLY FITNESS AT A GLANCE



Monday	Tuesday	Wednesday	Thursday	Friday
7:15a Early Dippers *	7:15a Early Dippers*	7:15a Early Dippers*	7:15a Early Dippers*	8:15a Strength Works
8:15a Strength Works	8:00a Hatha Yoga	8:15a Strength Works	8:00a Hatha Yoga	9:00a Cardiodelites*
9:00a Cardiodelites*	9:00a Deep Water*	9:00a Cardiodelites*	9:00a Deep Water*	9:15a Step Aerobics
9:00a Silver Sneakers	9:00a Silver Sneakers	9:00a Silver Sneakers	9:00a Silver Sneakers	10:00a Silver Splash*
9:30a HIIT Me Fit	9:15a Piloxing	9:15a ZUMBA ®	9:30a Hatha Yoga	10:30a Foam Roller
10:00a Silver Splash*	9:30a Hatha Yoga	9:15a Hatha Yoga	10:00a Silver Splash*	11:00a Willing Wonders*
11:00a Willing Wonders *	10:00a Silver Splash*	10:00a Silver Splash*	11:00a Arthritis Aqua*.	
	11:00a Snr/Rejuv. Yoga	11:00a Willing Wonders*	12:00p Belly Dancing	
	11:00a Arthritis Aqua*			
				Saturday
6:00p ZUMBA ®	5:30p Yoga w/ Frank	6:00p Mindful Yoga	5:30p Yoga w/ Frank	8:00a Hatha Yoga
6:00p Cardiodelites*	6:00p Cardiodelites*	7:00p Strength Works	6:00p Cardiodelites*	9:00a Ashtanga Yoga
7:00p Piloxing	7:00p CardioCombo		6:45p Barre Class	9:00a Saturday Sizzlers*
	7:00p Cardiodelites*		6:30p Cardio Combo	
			7:00p Cardiodelites*	

*Aqua Fitness Class

Nursery Hours: Monday - Friday 8:30 am - 11 am

Monday - Thursday 5 - 8 pm

Nursery is for children ages 7 & under

FAC Members: FREE Non-Members: \$3

Class Fee: FAC Members: FREE

Non-members: Yoga \$8

All other classes \$6

Senior Discount - \$1 off per class

717 Burks Branch Rd, Shelbyville, KY 40065

502-633-5059

www.shelbycountyparks.com