



## Clear Creek Family Activity Center WEEKLY FITNESS AT A GLANCE



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

\*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