SHELBYVILLE SHELBY COUNTY PARKS & RECREATION

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

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