

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