

## Summer Season (July 9 - August 17, 2018)

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

\*Sunrise - 6:30

\*Sunset - 8:00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<b>7/9</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle)	<b>7/10</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>7/11</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi (30 mins) (Gentle)	<b>7/12</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> POUND® fitness (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>7/13</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle) <b>11:00AM</b> Arthritic Exercise (45 mins) (Gentle)
	<b>7/16</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle)	<b>7/17</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>7/18</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi (30 mins) (Gentle)	<b>7/19</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>No Class</b> (CCNA Meeting)	<b>7/20</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga <b>11:00AM</b> Arthritic Exercise (45 mins) (Gentle) <b>7:00PM</b> CCX Boot Camp (60 mins) (All Levels)
Week 3	<b>7/23</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle)	<b>7/24</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>7/25</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi (30 mins) (Gentle)	<b>7/26</b> <b>No Class</b>	<b>7/27</b> <b>No Class</b>
	<b>7/30</b> <b>No Class</b>	<b>7/31</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/1</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi (30 mins) (Gentle)	<b>8/2</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> POUND® fitness (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/3</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga <b>11:00AM</b> Arthritic Exercise (45 mins) (Gentle) <b>No Class</b> (First Friday)
Week 5	<b>8/6</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle)	<b>8/7</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/8</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi (30 mins) (Gentle)	<b>8/9</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> POUND® fitness (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/10</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga <b>11:00AM</b> Arthritic Exercise (45 mins) (Gentle) <b>7:00PM</b> CCX Boot Camp
	<b>8/13</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga	<b>8/14</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/15</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi	<b>8/16</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> POUND® fitness (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/17</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle) <b>11:00AM</b> Arthritic Exercise (45 mins) (Gentle) <b>7:00PM</b> CCX Boot Camp (60 mins) (All Levels)
Week 6	<b>8/13</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga	<b>8/14</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> CCX Boot Camp (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/15</b> <b>7:00AM</b> CCX Boot Camp (30 mins) (All Levels) <b>7:30AM</b> Yo-Chi	<b>8/16</b> <b>8:30AM</b> Zumba® Toning (30 mins) (All Levels) <b>9:00AM</b> Aqua Zumba® (45 mins) (All Levels) <b>6:30PM</b> POUND® fitness (60 mins) (All Levels) <b>7:30PM</b> Sunset Yoga (30 mins) (Gentle)	<b>8/17</b> <b>7:00AM</b> The Barn H.I.I.T. (30 mins) (All Levels) <b>7:30AM</b> Sunrise Yoga (30 mins) (Gentle) <b>11:00AM</b> Arthritic Exercise (45 mins) (Gentle) <b>7:00PM</b> CCX Boot Camp (60 mins) (All Levels)

\* 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.