

## End of Summer Season (August 27 - October 5, 2018)

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

\*Sunrise - 7:10am

\*Sunset - 7:20pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	<p><b>8/27</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p>	<p><b>8/28</b></p> <p>No Class</p> <p>6:30PM CCX Boot Camp (60 mins) (All Levels)</p> <p>No Yoga Class</p>	<p><b>8/29</b></p> <p>7:00AM CCX Boot Camp (30 mins) (All Levels) 7:30AM Yo-Chi (30 mins) (Gentle)</p>	<p><b>8/30</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM POUND® fitness (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>8/31</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p> <p>11:00AM Arthritic Exercise (45 mins) (Gentle)</p>	<p><b>9/1</b></p> <p>Annual SPECIAL Aqua Zumba® class with Guest Instructors 9:00-10:00am \$5 (minimum donation for St. Jude Walk/Run)</p>
Week 2	<p><b>9/3 Labor Day</b></p> <p>7:00am Group Running (30 mins) (FREE, All Levels) * Meet at the Barn * 1 - 3miles</p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p>	<p><b>9/4</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM CCX Boot Camp (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>9/5</b></p> <p>7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)</p>	<p><b>9/6</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM POUND® fitness (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>9/7</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga</p> <p>11:00AM Arthritic Exercise (45 mins) (Gentle)</p> <p>First Friday</p>	<p><b>9/8</b></p> <p>CARNES CROSSROADS <b>WELLNESS FAIR</b> ROPER HOSPITAL &amp; PRACTICE 10:00am-2:00pm at the Barn</p>
Week 3	<p><b>9/10</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p>	<p><b>9/11</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>7:00PM CCX Boot Camp (60 mins) (All Levels)</p> <p>No Yoga Class (St. Jude Committee Meeting)</p>	<p><b>9/12</b></p> <p>7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)</p>	<p><b>9/13</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM POUND® fitness (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>9/14</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p> <p>11:00AM Arthritic Exercise (45 mins) (Gentle)</p> <p>6:30PM STRONG by Zumba® (60 mins) (High Intensity)</p>	<p><b>9/15</b></p> <p>7:00am Group Running (30 mins) (FREE, All Levels) * Meet at the Barn * 1 - 3miles * Walkers are welcome</p>
Week 4	<p><b>9/17</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga</p>	<p><b>9/18</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM CCX Boot Camp (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>9/19</b></p> <p>7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)</p>	<p><b>9/20</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM POUND® fitness (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>9/21</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p> <p>11:00AM Arthritic Exercise (45 mins) (Gentle)</p> <p>Carnes Crossroads Cruisers Team T-shirts Pick Up</p>	<p><b>9/22</b></p> <p>ST. JUDE WALK/RUN to End Childhood Cancer</p> <p>Meet 7:30am, Start 8:00am</p>
Week 5	<p><b>9/24</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p>	<p><b>9/25</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>No Class (CCNA Meeting)</p>	<p><b>9/26</b></p> <p>7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi (30 mins) (Gentle)</p>	<p><b>9/27</b></p> <p>8:30AM Zumba® Toning (30 mins) (All Levels) 9:00AM Aqua Zumba® (45 mins) (All Levels)</p> <p>6:30PM POUND® fitness (60 mins) (All Levels) 7:30PM Sunset Yoga</p>	<p><b>9/28</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga</p> <p>11:00AM Arthritic Exercise (45 mins) (Gentle)</p> <p>6:30PM STRONG by Zumba® (60 mins) (High Intensity)</p>	<p><b>9/29</b></p>
Week 6	<p><b>10/1</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p>	<p><b>10/2</b></p> <p>9:00AM Zumba® Toning (60 mins) (All Levels)</p> <p>6:30PM CCX Boot Camp (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>10/3</b></p> <p>7:30AM CCX Boot Camp (30 mins) (All Levels) 8:00AM Yo-Chi</p>	<p><b>10/4</b></p> <p>9:00AM Zumba® Toning (60 mins) (All Levels)</p> <p>6:30PM POUND® fitness (60 mins) (All Levels) 7:30PM Sunset Yoga (30 mins) (Gentle)</p>	<p><b>10/5</b></p> <p>7:30AM The Barn H.I.I.T. (30 mins) (All Levels) 8:00AM Sunrise Yoga (30 mins) (Gentle)</p> <p>11:00AM Arthritic Exercise (45 mins) (Gentle)</p> <p>First Friday</p>	

\* 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.