

Fall Season (Oct 15 - Nov 20, 2018)

<http://ccwc.blog>

10/15-11/2 Sunrise - 7:40am, Sunset - 6:30pm

11/5-11/20 Sunrise - 6:45am, Sunset - 5:20pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	10/15 8:00AM The Barn H.I.I.T. (30 mins) (All Levels) 8:30AM Sunrise Yoga (30 mins) (Gentle)	10/16 9:00AM Zumba® Toning (60 mins) (All Levels) 6:45PM CCX Boot Camp (60 mins) (All Levels)	10/17 8:00AM Yoga Flow (30 mins) (All Levels)	10/18 9:00AM Zumba® Toning (60 mins) (All Levels) 6:45PM POUND® fitness (60 mins) (All Levels)	10/19 8:00AM The Barn H.I.I.T. (30 mins) (All Levels) 8:30AM Sunrise Yoga (30 mins) (Gentle)
	10/22 8:00AM The Barn H.I.I.T. (30 mins) (All Levels) 8:30AM Sunrise Yoga	10/23 9:00AM Zumba® Toning (60 mins) (All Levels) 6:45PM CCX Boot Camp (45 mins) (All Levels)	10/24 8:00AM CCX Boot Camp (30 mins) (All Levels)	10/25 9:00AM Zumba® Toning (60 mins) (All Levels) No Class (CCNA Meeting)	10/26 8:00AM The Barn H.I.I.T. (30 mins) (All Levels) 8:30AM Sunrise Yoga
Week 3	10/29 8:00AM The Barn H.I.I.T. (30 mins) (All Levels) 8:30AM Sunrise Yoga	10/30 9:00AM Zumba® Toning (60 mins) (All Levels) 6:45PM CCX Boot Camp (45 mins) (All Levels)	10/31 8:00AM CCX Boot Camp (30 mins) (All Levels)	11/1 9:00AM Zumba® Toning (60 mins) (All Levels) 6:45PM POUND® fitness (60 mins) (All Levels)	11/2 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga
	11/5 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga	11/6 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM STRONG by Zumba® (60 mins) (Advanced)	11/7 8:00AM CCX Boot Camp (30 mins) (All Levels)	11/8 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM POUND® fitness (60 mins) (All Levels)	11/9 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga
Daylight Time Change Week 4	Programs/Time/Place can be changed /canceled for the Barn maintenance				
	11/12 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga	11/13 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM STRONG by Zumba® (60 mins) (Advanced)	11/14 8:00AM CCX Boot Camp (30 mins) (All Levels)	11/15 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM POUND® fitness (60 mins) (All Levels)	11/16 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga
Week 5	Programs/Time/place can be changed /canceled for the Barn maintenance				
	11/19 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga	11/20 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM STRONG by Zumba® (60 mins) (Advanced)	11/21 No Class	11/22 No Class HAPPY THANKSGIVING!	11/23 No Class
Week 6	Programs/Time/place can be changed /canceled for the Barn maintenance				
	11/19 8:00AM CCX Boot Camp (30 mins) (All Levels) 8:30AM Sunrise Yoga	11/20 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM STRONG by Zumba® (60 mins) (Advanced)	11/21 No Class	11/22 No Class HAPPY THANKSGIVING!	11/23 No Class

* 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.