



Carnes Crossroads
WELLNESS CLUB

Turkey Burn Season (Nov 28 - Dec 6, 2018)

Class will be canceled if the temperature is too low, or the barn is closed. Check our facebook page.

*Sunrise; 7:15 a.m.

*Sunset; 5:00 p.m.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1			11/28	11/29 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM POUND® fitness (60 mins) (All Levels)	11/30 8:00AM The Barn H.I.I.T. (60 mins) (All Levels)
	12/3 8:00AM CCX Boot Camp (60 mins) (All Levels)	12/4 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM STRONG by Zumba® (60 mins) (Intermediate-Advanced)	12/5	12/6 9:00AM Zumba® Toning (60 mins) (All Levels) 6:30PM CCX Boot Camp (60 mins) (All Levels)	12/7

* ALL Classes are FREE during this Season.

** Classes can be canceled due to weather / facility condition.

The Blake Season 2019 starts on January 8th! Zumba® / Zumba® Toning twice a week at The Blake to start **NEW YEAR, NEW YOU!**

If you want to change your behavior during the winter, this is it!! (It's warm and comfortable environment but you'll be sweaty!)

Join us **Tuesday/Thursday at 9am**. The classes will be held from Jan. 8th - Feb. 14, 2019. \$5 per class per person.