

GROUP FITNESS - NOVEMBER

Start Time:	Mon	Tue	Wed	Thu	Fri
5:15 AM (45 min)	Morning	Classes	Return	In	2021
9:00 AM (60 min)	Stretch	Silver Sneakers	Stretch	Silver Sneakers	Stretch
12:15 PM (30 min)	Sh1FT	L1FT	Sh1FT		
5:30PM (60 min)		Yoga		Yoga	

Stretch: Focuses on improving flexibility through proper stretching techniques

Silver Sneakers: Muscular strength & Range of Movement is the core of this program.

Yoga: Vinyasa Yoga will strengthen, balance, detoxify & exhilarate the body and mind.

SH1FT: High intensity format suitable for any age, body & fitness level, burn up to 500 calories

L1FT: Workouts sculpt lean muscles and turn you into a fat burning machine long after the workout is over

We now have Virtual Cycling classes available through the Peloton App!

Available times for Virtual Riding:

Mon - Fri: 7am - 7pm, Sat.: 7am - 6pm, Sun.: 12pm - 5pm

With exception of Spinning classes on :

Mondays & Wednesdays: 5:30am - 6:30am & 12pm - 1pm

Tuesdays & Thursdays 7:30am - 8:30am

Non-members \$30/month - - Members \$20/month - - \$5/class



Mon - Thur: 5am - 10pm

Friday: 5am - 9pm

Saturday: 7am - 7pm

Sunday - 12pm - 6pm

www.ccccsidney.com

308-254-7000