

Weekly Fitness Schedule

*Reservations required through the CCCC Mobile App.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 AM		HIIT w/ Diana Starr on indoor Tennis Court #5		HIIT w/ Diana Starr on indoor Tennis Court #5	
7:30 AM					
8:00 AM					
8:30 AM	Cardio Strength w/ Carla Whitish in the Motion Studio	Barre w/ Shannon Koeplin in the Motion Studio	Pilates/Yoga w/ Carla Whitish in the Motion Studio	Barre w/ Sandi Rubio in the Motion Studio	Strength & Cardio w/ Carla Whitish in the Motion Studio
9:30 AM	SHINE Dance w/ Patty Beal in the Motion Studio	Circuit Training w/ Diana Starr in the Motion Studio	SHINE Dance w/ Patty Beal in the Motion Studio	Circuit Training w/ Diana Starr in the Motion Studio	Pilates & Yoga w/ Carla Whitish in the Motion Studio
10:00 AM	ZOOM Mat Pilates w/ Tsarra		ZOOM Mat Pilates		
10:30 AM	SHINE Dance w/ Sandi Rubio in the Motion Studio		SHINE Dance w/ Sandi Rubio in the Motion Studio		
6:00 PM	Resilience Yoga w/ Matthew Nelson in the Motion Studio				