

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Winter 2019 **7:45-8:25am Spinning-Bonnie	**7:45-8:15am Spinning-Bonnie	**7:45-8:25am Body Fit-Bonnie	**7:45-8:15am Spinning-Bonnie	5:30-6:30am Spinning-Christi	**8:00-8:45am Spinning-Andrea/Susan	Closed
**7:45-8:25am Spin/Strength-Mary	*8:30-9:30am Strength Training-Susan	**8:30-9:20am Spinning-Nancy	**8:30-9:30am Strength T. Andrea	7-7:40 am Yoga Stretch- Candy	**9:00-10:00a Silver Sneakers-Jeff	
*8:30-9:30am Circuit-Nancy	**8:45-9:25am Spinning-Nikki	**8:30-9:20am Fit Fusion-Leigh	**8:45-9:30am Spinning-Nancy	7:45-8:25 am Body Fit- Bonnie	*9:00-10:00am Strength T. - Andrea	
**8:40-9:30am Spinning-Jeff	**9:40-10:35am Pilates Yoga Fusion-Susan	**9:30-10:15am Butts & Guts-Nancy	9:40-10:30 Tone/Stretch- Nancy	**8:30-9:30am Step-Nancy	**10:15-11:15 am STRONG by Zumba Rosa	
9:40-10:30 am Barre-Candy	10:40 - 11:25 am S.S Circuit - Kathy	**10:30-11:15am Yoga- Kathy	*10:35-11:20—Yoga— Kathy	*8:30-9:30am Spinning Andrea/Bonnie		
**9:45- 10:30 am Silver Sneakers- Kathy	11:45-12:30 Circuit Training-Courtney	**11:15- 12 Cardio & Strength Kathy	11:45-12:30 Circuit Training-Courtney	9:40-10:30 Barre- Candy		
10:35 - 11:05 am S.S Yoga- Kathy	Circuit Training-Courtney			*10:00-10:45am Silver Sneakers-Jeff		
11:15 am-12pm Cardio/Strength-Kathy	4:30-5:15 Spin & Core- Krista	4:30-5:15 Tone/Stretch - Nancy	4:30-5:15 Spin & Core- Krista	**11:00- 11:45am Cardio & Strength Kathy		
*/**5:30-6:15pm Spin & Stretch Lindsay	6-6:45pm Spin and Stretch Nancy	**5:30-6:30pm Zumba-Rosa	5:30-6:15pm Barre- Candy			
**5:30-6:30pm Zumba- Rosa						

Fitness Center Hours: Monday- Thursday 5:30 am - Noon & 2:30- 8:00pm
Friday- 5:30 am - Noon & 2:30-5 pm Saturday- 8 am - 12 Sunday- Closed

CALL the Fitness Center for more information: **517-592-3393**
 Visit us on the WEB:
www.myeagles.org/CCFC/index.htm
 Location: on the South end of Columbia Central H.S. at 11775 Hewitt Rd. Brooklyn, MI.

Columbia Central Fitness Center Schedule
Class Etiquette:
 Please arrive on time for classes. Being on-time for warm-up is critical to minimize the risk of injury.
Class Levels of Difficulty Key:
 *Beginner: Entry level, however all levels welcome.
 **Intermediate: Most levels welcome, however fitness experience and active lifestyle recommended.
 ***Advanced: Requires experience fitness level and conditioned individual.
 Note: Classes are subject to change based on attendance and instructor availability.