Clyde Recreation Center **Winter 2026 FITNESS** Schedule

	MONDAY					TUESDAY					WEDNESDAY				
	FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP
5:00 AM								MRT Bill							
6:00AM	SURGE FIT Skylar/Christina UPBEAT LIFT Kara (GYM)	CYCLE Jennefer	CRC-FIT Alec	AQUA ZUMBA Renee (6:05AM)	DEEP Charity	CRC-STRENGTH Lana CARDIO FUSE Shay B. (Gym)	CYCLE Amy	MRT Bill	SHALLOW WATER Desree (6:05AM)		CRC- STRENGTH Lana SURGE STRENGTH Sharidan (GYM)	CYCLE Marilyn	CRC-FIT Alec	AQUA PUMP Renee (6:05AM)	DEEP Charity
7:00AM															
8:15AM	YOGA Regina			Twinges N Hinges Heather R.						GLIDE YOGA Cari	YOGA Regina			AQUA HIT Renae B.	
9:15AM	ZUMBA (GYM) Desree BARRE SCULPT Shey G.	CYCLE & CORE Lauren	CRC-Fit Lauren S.	TWINGES N HINGES Renae (9:30am)		HIGH (GYM) Katie	CYCLE Stacey	CRC-KICK Cari Batty	AQUA ZUMBA Tami Chun		ZUMBA (GYM) Jaedi		CRC-FIT Tessa	TWINGES N HINGES Renae B. (9:30am)	
10:15AM	CRC-Strength (GYM) Megan L.					UPBEAT BARRE Kara		CRC- FIT Stacey	AQUA COMBAT Mindy		DRENCH (GYM) Mindy SCULPT & STRETCH Jackie B.				
11:15AM	RESTORATIVE YOGA Mindy S.					CRC DRUMS Renae Bowen		CRC-Stroller Tessa							
12:15PM	SILVER SNEAKERS Renee S. (GYM)					TAI CHI Jenifer P.					SILVER SNEAKERS Renee S. (GYM)				
4:00PM	)					ZUMBA KIDS (Ages 5-12) Diana (4:15pm)							CRC KID FIT Khristine (4:15pm)		
5:00PM															
6:00PM	UPBEAT BARRE Lauren M.										SURGE STRENGTH Renee Brandley				
7:00PM	ZUMBA STEP Shannon		CRC-FIT Alec			UPBEAT BARRE Katie					ZUMBA STEP Shannon		CRC-FIT Alec		
8:00PM	CANDLELIGHT YOGA Katelyn W.					HIGH FITNESS Desree			CRC AQUA FIT Alli Moon		YOGA & SOUND BATH Shanna Clark (8-9:15)				
9:00PM															

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TIME	THURSDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	FRIDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	SATURDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP
5:00 AM			MRT Bill												
6:00AM	CRC- STRENGTH (GYM) Lana SURGE HYBRID Saige	CYCLE Amy	MRT Bill	SHALLOW Lisa (6:05AM)		HIGH Renee/Jackie		CRC-FIT Alec	AQUA ZUMBA Renee S. (6:05AM)	DEEP Charity					
7:00AM						SURGE STRENGTH Sharidan					BARRE/PILATES Jenny			AQUA COMBAT Renee S.	
8:15AM					GLIDE YOGA Cari	YOGA Mindy C (8:05)			TWINGES N HINGES Heather R.		SURGE STRENGTH (GYM) Saige	CYCLE Brook		AQUA HIIT Karen R./Renee S./Lisa L. (8:00am)	
											ZUMBA Megan				
9:15AM	HIGH (GYM) Katie Nitta	CYCLE Stacey		CRC AQUA HIIT Alli Moon		CRC-Strength (GYM) Mindy ZUMBA CARDIO MIX Shannon	CYCLE Cameron	CRC-FIT Tessa	TWINGES N HINGES Renae B. (9:30am)		HIGH (GYM) Sari, Grace, Christina, Katie, Vicki, & Kellianne				
10:15AM	BARRE SCULPT Shey G.		CRC- FIT Stacey			CARDIO FUSE Shay Burgi					Yoga Katelyn		CRC- FIT Alec		
11:15AM	CRC DRUMS Renae Bowen		CRC- STROLLER Tessa			SILVER SNEAKERS BOOM Renee S.									
12:15pm															
4:00PM	ZUMBA KIDS (Ages 5-12) Diana (4:15pm)														
6:00PM	UPBEAT PILATES Lauren M.														
7:00PM	ZUMBA Diana	Cycle Camylle Schafer													
8:00PM	HIGH Kellianne/ Katie M.			AQUA ZUMBA Tami Chun	GLIDE CARDIO WAVE Lisa										
9:00PM															