Clyde Recreation Center **SUMMER FITNESS** Schedule 2026

	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/Sharidan UPBEAT LIFT Kara (GYM)		CRC-FIT Alec	AQUA ZUMBA Renee (6:05AM)		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)	
7:00AM				Twinges N Hinges Heather R.										AQUA HIT Renae.B.	
8:15AM	YOGA Regina		CRC Core and Mobility Lauren L,	Twinges N Hinges Heather R. (8:00)					Aqua Zumba Tami Chun (8:00)		YOGA Regina			TWINGES N HINGES Renae B. (8:00)	
9:15AM	ZUMBA (GYM) Desree BARRE SCULPT Shey G.	CYCLE Lauren L.				HIGH (GYM) Katie	CYCLE Stacey		Aqua Combat Mindy Z. (9:00) Outdoor pool		ZUMBA (fitness studio) Jaedi Drench (GYM) Mindy Z.		CRC-FIT Tessa		
10:15AM	CRC-Strength (GYM) Megan L.					UPBEAT BARRE Kara		CRC- FIT Stacey			SCULPT & STRETCH Jackie B.				
11:15AM	RESTORATIVE YOGA Mindy S (11:30) SILVER SNEAKERS Renee S. (GYM)					CRC DRUMS Renae Bowen		CRC-Stroller Tessa			SILVER SNEAKER Renee S. (11:30, GYM)				
12:15PM						TAI CHI Jenifer P.									
4:00PM													CRC KID FIT Khristine (4:15pm)		
5:00PM															
6:00PM	UPBEAT BARRE Lauren M.										SURGE STRENGTH Renee Brandley		CRC ADAPTIVE AGE 14+		
7:00PM	ZUMBA STEP Shannon		CRC-FIT Alec			UPBEAT BARRE Katie					ZUMBA STEP Shannon		CRC-FIT Alec		
8:00PM	CANDLELIGHT YOGA Katelyn W.								CRC AQUA FIT Alli Moon						
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)						
7:00AM											BARRE/PILATES Jenny			AQUA COMBAT Renee S.	
8:15AM				CRC AQUA HIIT Alli Moon (8:00)		YOGA Mindy C (8:05)			TWINGES N HINGES Heather R. (8:00)		SURGE STRENGTH (GYM) Saige	CYCLE Brook		AQUA HIIT Karen R./Renee S./Lisa L. (8:00am)	
											ZUMBA Megan				
9:15AM	HIGH (GYM) Sadie	CYCLE Stacey				CRC-Strength (GYM) Mindy Z ZUMBA CARDIO MIX Shannon	CYCLE Cameron	CRC-FIT Tessa			HIGH (GYM) 1^{sst} Katie N 2nd Sarianne C 3rd Jackie 4th kelliann				
10:15AM	BARRE SCULPT Shey G.		CRC- FIT Stacey								Yoga Kylie Pyne				
11:15AM			CRC- STROLLER Tessa			SILVER SNEAKERS BOOM Renee S.									
12:15pm															
4:00PM															
6:00PM	UPBEAT PILATES Lauren M.														
7:00PM	ZUMBA Diana														
8:00PM	Candlelight Yoga Katelyn			AQUA ZUMBA Tami Chun											
9:00PM															