

Clyde Recreation Center **Fall FITNESS** Schedule 2026

	MONDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	TUESDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP	WEDNESDAY FITNESS STUDIO	CYCLE	GREEN	ACTIVITY	COMP
5:00 AM								MRT Bill							
6:00AM	SURGE FIT Skylar/Sharidan		CRC-FIT Alec N.	AQUA ZUMBA Renee S. (6:05AM)		CRC-STRENGTH Lana T.	CYCLE Amy P.	MRT Bill	SHALLOW WATER Desree (6:05AM)		CRC- STRENGTH Lana	CYCLE Marilyn	CRC-FIT Alec	AQUA PUMP Renee S. (6:05AM)	
7:00AM	UPBEAT LIFT Kara (GYM)					CARDIO FUSE Sharidan B (Gym)					SURGE STRENGTH Sharidan (GYM)				
8:15AM	YOGA Regina H.			Twinges N Hinges Heather R. (8:15)							YOGA Regina H.			AQUA HIIT Heather R	
9:15AM	ZUMBA (GYM) Desree B.	CYCLE Lauren L.		Twinges N Hinges Renee B. (9:30)		HIGH (GYM) Katie N. CHILDREN'S DANCE *enrollment required	CYCLE Stacey H.		Aqua Zumba Tami C.		ZUMBA (fitness studio) Jaedi B.		CRC-FIT Tessa	Twinges N Hinges Renee B (9:30)	
	BARRE SCULPT Shey G.										Drench (GYM) Mindy Z.				
10:15AM	CRC-Strength (GYM) Megan L.		CRC CORE & MOBILITY Lauren L.			UPBEAT BARRE Kara		CRC- FIT Stacey	Aqua Combat Mindy Z.		SCULPT & STRETCH Jackie B.				
11:15AM	RESTORATIVE YOGA Mindy S (11:30) SILVER SNEAKERS Renee S. (GYM)					CRC DRUMS Renee Bowen		CRC-Stroller FIT Tessa			SILVER SNEAKER Renee S. (11:30, GYM)				
12:15PM						TAI CHI Jenifer P.									
4:00PM	Tumbling *enrollment* (4-6pm)					CRC Kids Drums Ali M. Ages 7-10									
5:00PM						ADAPTIVE CRC Drums & Movement (Ali M.) Ages 8+									
6:00PM	UPBEAT BARRE Lauren M.										SURGE STRENGTH Renee Brandley		PRIME & UNWIND Mindy C.		
7:00PM	ZUMBA STEP Shannon R.		CRC-FIT Alec N.			UPBEAT BARRE Katie					ZUMBA STEP Shannon		CRC-FIT Alec		
8:00PM	CANDLELIGHT YOGA Desree B.								CRC AQUA FIT Alli Moon						

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