

# Crestwood Recreation and Wellness Center

## Group Exercise and Water Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<p>** All group exercise and water fitness classes are included with any All Inclusive membership.</p> <p>** Group exercise and water fitness classes are for ages 16 years and older.</p> <p>** Please consult your physician before participating in any group exercise or water fitness classes if you have had any major surgeries or health problems.</p> <p>**Schedule subject to change without notice.</p> <p>***<b>Cardio Kickboxing does not meet every Saturday.</b> Call on Saturday mornings to confirm that class is running.</p> <p>***Phone Number: (708)659-4800</p>
<b>Aqua Fitness</b> 8:00-9:00am Sue Pool	<b>Aqua Fitness</b> 8:00-9:00am Cathi Pool	<b>Aqua Fitness</b> 8:00-9:00am Sue Pool	<b>Aqua Fitness</b> 8:00-9:00am Chris Pool	<b>Aqua Fitness</b> 8:00-9:00am Diana Pool	<b>Aqua Fitness</b> 8:00-9:00am Diana/Rita Pool	
<b>Water Walking</b> 9:05-9:50am Sue Pool	<b>Arthritis Class</b> 9:05-9:50am Tom Pool	<b>Water Walking</b> 9:05-9:50am Sue Pool	<b>Arthritis Class</b> 9:05-9:50am Chris Pool	<b>Water Walking</b> 9:05-9:50am Diana Pool	*** <b>Cardio Kickboxing</b> 9:15-10:30am Diana <i>MP Room</i>	
<b>Pump It Up</b> 10:00-11:00am Diana <i>MP Room</i>		<b>Pump It Up</b> 10:00-11:00am Diana <i>MP Room</i>		<b>Pump It Up</b> 10:00-11:00am Diana <i>MP Room</i>		
<b>Rusty Hinges</b> 1:05-1:50pm Cathi Pool	<b>Rusty Hinges</b> 1:05-1:50pm Chris Pool	<b>Rusty Hinges</b> 1:05-1:50pm Rita Pool	<b>Rusty Hinges</b> 1:05-1:50pm Cathi Pool	<b>Rusty Hinges</b> 1:05-1:50pm Rita Pool		
	<b>Pump It Up</b> 5:15-6:30pm Diana <i>MP Room</i>		<b>Pump It Up</b> 5:15-6:30pm Diana <i>MP Room</i>	<b>CLASS DESCRIPTIONS ON REVERSE SIDE</b>		
<b>Cardio Splash</b> 5:30-6:30pm Diana Pool		<b>Cardio Endurance</b> 5:30-6:30pm Diana Pool				

**crestwoodfitness.com**

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