

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>***Cardio Kickboxing does not meet every Saturday. Call on Saturday mornings to confirm that class is running.</p> <p>***Phone Number: (708)659-4800</p>
Aqua Fitness 8:00-9:00am Sue Pool	Aqua Fitness 8:00-9:00am **Tentative based on teacher availability Pool	Aqua Fitness 8:00-9:00am Sue Pool	Aqua Fitness 8:00-9:00am Nancy Pool	Aqua Fitness 8:00-9:00am Diana Pool	Aqua Fitness 8:00-9:00am Diana/Rita Pool	
Water Walking 9:05-9:50am Sue Pool	Arthritis Class 9:05-9:50am Tom Pool	Water Walking 9:05-9:50am Sue Pool	Arthritis Class 9:05-9:50am Nancy Pool	Water Walking 9:05-9:50am Diana Pool	*** Cardio Kickboxing 9:15-10:30am Diana MP Room	
Pump It Up 10:00-11:00am Diana MP Room		Pump It Up 10:00-11:00am Diana MP Room		Pump It Up 10:00-11:00am Diana MP Room		
Rusty Hinges 1:05-1:50pm Rita Pool	Rusty Hinges 1:05-1:50pm Chris Pool	Rusty Hinges 1:05-1:50pm Rita Pool	Rusty Hinges 1:05-1:50pm Cathi/Sue Pool	Rusty Hinges 1:05-1:50pm Rita Pool		
	Pump It Up 5:15-6:30pm Diana MP Room		Pump It Up 5:15-6:30pm Diana MP Room	<h3 style="margin: 0;">CLASS DESCRIPTIONS ON REVERSE SIDE</h3>		
Cardio Splash 5:30-6:30pm Diana Pool		Cardio Endurance 5:30-6:30pm Diana Pool		<h3 style="margin: 0;">CLASS DESCRIPTIONS ON REVERSE SIDE</h3>		

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