

# Crestwood Recreation and Wellness Center Group Exercise and Water Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fitness 8:00-9:00am Sue Pool	Aqua Fitness 8:00-9:00am Amy Pool	Aqua Fitness 8:00-9:00am Diana Pool	Aqua Fitness 8:00-9:00am Chris Pool	Aqua Fitness 8:00-9:00am Diana Pool	Aqua Fitness 8:00-9:00am Diana/Sue Pool
Water Walking 9:05-9:50am Sue Pool	Arthritis Class 9:05-9:50am Tom Pool	Water Walking 9:05-9:50am Diana Pool	Arthritis Class 9:05-9:50am Chris 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 Joe Pool	Rusty Hinges 1:05-1:50pm Chris Pool	Rusty Hinges 1:05-1:50pm Amy * Pool	Rusty Hinges 1:05-1:50pm Sue Pool	Rusty Hinges 1:05-1:50pm Joe * Pool	
	Pump It Up 5:30-6:30pm Diana MP Room		Pump It Up 5:30-6:30pm Diana MP Room	<b>CLASS DESCRIPTIONS ON REVERSE SIDE</b>	
Cardio Splash 5:30-6:30pm Diana Pool		Cardio Endurance 5:30-6:30pm Diana Pool			

\*\* All group exercise and water fitness classes are included with any All Inclusive membership.

\*\* Group exercise and water fitness classes are for ages 16 years and older.

\*\* Please consult your physician before participating in any group exercise or water fitness classes if you have had any major surgeries or health problems.

\*\*Schedule subject to change without notice.

\*Teachers are subject to change without notice.

\*\*\* Cardio Kickboxing does not meet every Saturday. Call on Saturday mornings to confirm that class is running.

\*\*\*Phone Number: (708)659-4800

**crestwoodfitness.com**