

GROUP X

Summer Session 1

JUNE 3-28 | 12:10-12:50PM | MON-THURS

MON. | YOGA WITH KATE | STUDIO 2

Come move with breath and intention. Find space and move freely to improve your flexibility, strength, stamina, & stress reduction.

TUES. | CYCLE WITH RILEE | STUDIO 1

Build muscular strength and cardiovascular endurance through a mix of interval training, hill climbs, endurance, and sprints. Training on a bike makes this workout low-impact, but as intense as you wish—it is YOUR ride!

WED. | STEP WITH HOLLY | STUDIO 2

A full-body cardio and strength workout. You can expect a mixture of upbeat rhythmic stepping integrated with strength-based moves to provide a total body workout.



THURS. | PIYO WITH HOLLY | STUDIO 2

This hybrid class combines elements of pilates and yoga by fusing strength and stability training for the ultimate workout.

The Group X Pass is \$5 for each session or \$10 for the summer.



: Whee for Life classes are free with a CRC membership

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and Wellness