



Winter Group Fitness Schedule

Times	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00am		Beg Astanga Yoga, Shirley 1.5hrs	Body Defined Lanette 30 min	Iyengar Yoga Joanne/Jean 1.5hrs	Body Defined Lanette 30 min	Astanga Yoga Shirley 1.5hrs	
7:30am			ABsolution Lanette 30 min		ABsolution Lanette 30 min		
8:00am	Sr Belt Karate Nick 1.75hr						Hatha Slow Burn Yoga Laura 1.5hr
8:45am		Core 15 Krista		Core 15 Leslie		Core 15 Alexis	
9:00am	Cardio Interval Leslie 1hr Starts Nov 6	Strictly Strength Krista 1hr	Cardio Step Leslie 1hr	Strictly Strength Leslie 1hr	Cardio Larissa 1hr	Strictly Strength Alexis 1hr	Chisel Larissa 1hr 9:45-11:00am
9:00am Func-tional Room				Fit for you Strength Gerrie 1 hr Starts 1/4			
10:15am		Hatha Yoga All Levels Laura 1.5hr	Tone & Stretch Diane 1hr	Hatha Slow Burn Yoga Laura 1.5hr	Tone & Stretch Diane 1hr	Hatha Slow Burn Yoga Laura 1.5hr	
5:00pm			Hot Yoga Joanne 1.5hr				
5:30pm		Power Pilates Kate 1hr			Yoga Joanne 1.5hr		
6:00pm							
6:30pm			Karate Nick 1hr			Karate Nick 1hr	

CFFC Reserves the right to cancel a class if there are consistently less than 4 members in attendance.

OPEN DAILY: Mon-Thu 5:30am-8pm Fri 5:30am-9pm Sat 7am-9pm Sun 7am-7pm OPEN 365 DAYS

(603) 356-6301

www.cranmorefitness.com

Updated 12/22/11



Spinning Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Intervals Kate 1hr	Strength Tamara 1hr	Strength Kate 1hr		
7:00am	Jean Lee 1hr		Jean Lee 1hr			
9:00am						Strength Renee 1hr
9:15am	Intervals Tamara 1hr		Intervals Renee 1hr		Intervals Tamara 1hr	
6:00pm		Andy 1hr		Andy 1hr		

Spinning Pricing Rates

	Drop In	8 Classes	16 Classes	24 Classes
Members	\$8	\$48 (\$6 per class)	\$80 (\$5 per class)	\$96 (\$4 per class)
Guests	\$10	\$64 (\$8 per class)	\$112 (\$7 per class)	\$144 (\$6 per class)

TRX Schedule



Times	Monday	Tuesday	Wednesday	Thursday
9:15am		TRX circuit Alexis 1hr		
5:30pm			TRX circuit Lori C./Audley 1hr	

TRX Pricing Rates

	Drop In	8 Classes	16 Classes	24 Classes
Member	\$12	\$80 (\$10 per class)	\$144 (\$9 per class)	\$192 (\$8 per class)
Guest	\$14	\$96 (\$12 per class)	\$176 (\$11 per class)	\$240 (\$10 per class)

**Instructors subject to change—please arrive early and Inform instructor if you are new to class*

**Bring water and a towel for class*

Cancellation policy for Spinning & TRX:

AM Classes To cancel a reservation for an AM class you need to call by **6pm** the night before.

PM Classes To cancel a reservation for a PM class you need to call by **Noon** that day.

- 1) **If you do not call to cancel by the posted time you will be charged.**
- 2) If CFFC cancels, it will be due to weather or instructor. In either case we will call you.
- 3) Please make sure we have your phone # when you sign up so we can call if necessary.

Note: Fitness instructors and schedule subject to change without notice.