

Core Centre Fitness Schedule 2021-2022

CORE CENTRE



Dance & Fitness



574.935.3939
thezonesportscomplex.org

ZONE GROUP EXERCISE MEMBERSHIP

\$30/Month ; \$5.00/class drop in
Senior Rate: \$20/Month; \$5/Class

ZONE DANCE TUITION

\$40/4 week; \$15/Drop in

Register Online at:

www.thesportszonecomplex.org

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Noon 2FL	Tabata Bob	8:30am 2nd FLR	Tabata Marianne	8:30am 2FL	Tabata w/Spin	Noon 2ndFL	Tabata Bob	8:30am 2FL	Tabata Pump	8:30am Summer 9:00am Winter	Tabata w/Spin Cindy	1:15- 3:30pm 1FL Room	Las Chicas Troupe (EOW/ Varies)
9:30am- 10:45 GYM	RIP Strength	9:30am	YogaFit 1FL Room	9:45am- 10:45 GYM	RIP Strength	10:45- Noon	Yoga Trapeze 1FL Room	9:45am- 10:45 GYM	RIP Strength	Zone Sports events Varies		Zone Sports events Varies	
5:30- 7:30pm	ZONE BB GYM	4:45pm- 5:30pm 1FL	Pre-School Acrodance w/Desiree	5:30pm 2FL	Tabata Marianne	4:00- 7:00pm (Cardio)	Hip Hop Destiny 1FL/2FL RM	6:30pm- 7:30pm (Teen- Adult)	Swing Dance Night & Social 1FL				
6:30- 7:15pm - (ages 4- 7)GYM	Zone Kidz Cardio dance Ellie	5:00- 8:00pm	ZONE BB GYM	6:00pm- 7:00pm (Cardio) GYM	GROOV3 Adult Hip Hop	5:30- 6:30pm	Tabata Marianne 2FL	7:30pm- 9:00pm 1FL	NewSong Couples Dance (Monthly)				
5:30-6:15 (Age 4-6)	Pre-school Ballet 1FL	5:30- 6:30pm	Acrobatic Dance (1FL) GYM Destiny	5:00- 6:15pm (Age 7- 10)	Youth Ballet w/ Marcia	6:00- 7:30pm	ZONE BB GYM	Zone Sports events Varies				Child care available soon... (24hr notice) Childcare \$5	
6:30- 7:30pm	Ballet Private 1FL	5:30- 6:30pm	Yoga Trapeze (1FL ROOM)	6:30pm- 8:00pm	Adult Ballet w/ Marcia	6:30- 7:30pm (Cardio)	Zumba Ellie GYM						
		6:30pm- 7:30pm (Teen to Adult)	Latin Dance Night & Social 1FL			5:30-9:00 pm	Tap 'N Groove Miss Liz 1FL RM						
												Membership Fitness \$ 30/mth Senior Fitness: \$20/mth; \$5/class Dance \$40/mth	

Cardio	Strength	Yoga	ZONE TIME	Dance		Senior	Martial Arts
Tabata Spin Zumba	GROOV3 RIP	Trapeze Yoga Fit	Basketball Volleyball	Hip Hop	Ballet		Coming Soon...
				Acrobatic Dance			
				Latin & Swing			
				Tap	Ballroom		