



Group Fitness Schedule

The Crosby Club Sports Center

Front Desk: 858.759.3843 | All classes are 50min | Nov/Dec 2024

Day	Time	Class	Instructor	Level
Monday	7:00 AM	HIIT	SHIN	IV
	8:00 AM	Spin / Core	SHIN	II
	9:00AM	Conditioning	ISMAIL	II
	10:00 AM	Zumba	DIANA	II
<i>Evening Class</i>	6:00 PM	Mind & Body	EMMA	II
Tuesday	9:30 AM	Gentle Stretch	DIANA	I
	10:30 AM	Barre Body	DORY	III
	11:30 AM	20/20/10 (Cardio/Toning/Abs)	ANDREA	II
	<i>Evening Class</i>	6:00 PM	Cardio Sculpt	EMMA
Wednesday	7:00 AM	HIIT	SHIN	IV
	8:00 AM	Spin / Core	SHIN	II
	9:00 AM	Yoga/Meditation	ISMAIL	III
	10:00 AM	Belly Body	FARAH	II
	Thursday	8:30 AM	Rings, Rollers & TRX	SHIN
	9:30 AM	Pilates	SHIN	II
	10:30 AM	Barre Body	DORY	III
Friday	7:00 AM	HIIT	SHIN	IV
	8:00 AM	Pilates	SHIN	II
	9:00 AM	20/20/10 (Cardio/Toning/Abs)	ANDREA	II
	10:00 AM	Zumba	DIANA	II
		11:00 AM	Gentle Stretch	DIANA
Saturday	8:00 AM	Spin	FARAH	II
	9:00 AM	Belly Body Dancing	FARAH	II
	10:00 AM	Hatha Yoga	FARAH	II
Sunday	10:00 AM	Barlates	ANDREA	I

Level 1 = Easy | Level 2 = Low | Level 3 = Medium | Level 4 = High | Level 5 = Very Intense
 Classes are on-site unless otherwise noted

Crosby Athletic Center

GROUP FITNESS CLASSES

The Crosby Athletic Center offers a variety of group fitness classes that are included at no cost with your Sports or Golf membership. Our qualified instructors are here to engage your mind and body while working with your level of ability. Should you have any questions please stop by the front desk for additional information.

We use class attendance in scheduling our classes so please don't forget to sign in when you arrive.

TENNIS/PICKLEBALL LESSONS

Contact Matt Seideman for tennis and pickleball lessons
858.759.3844 mseideman@thecrosbyclub.com

Lesson Pricing

www.crosbycourts.com/training_rates_SC.pdf

<p style="text-align: center;"><u>Kids Care</u> Available Friday & Saturday Evenings: 5PM – 9PM \$24.00 per child – Ages 4-12</p>	<p style="text-align: center;"><u>Reservations</u> Courts/Gym/Lap Lanes: crosbysports.skedda.com Pool: Crosbypool.com Camps: Crosbycamps.com You must be registered to use the online booking systems.</p>
<p style="text-align: center;"><u>Tennis Play Days</u> Men's 3.5 Doubles - Saturday 8AM Men's 4.0 Doubles - Saturday 8AM</p>	<p style="text-align: center;"><u>Pickleball Open Play Days</u> Mondays 3PM Saturdays - 10AM Tennis/PB Clinics www.crosbycourts.com/clinics</p>

Sports Center Hours:	Gym Hours	Pool Hours:
Monday – Thursday: 7AM – 8PM	Monday – Thursday: 7AM – 8PM	Monday – Thursday: 7AM – 7PM
Friday – Sunday: 7AM – 7PM	Friday – Sunday: 7AM – 6:30PM	Friday – Sunday: 7AM – 7PM

All guests accompanying a member to the Sports Center are subject to a \$5 fee per day.