



CROSS CREEK
RANCH

FITNESS CENTER

Group Classes

BODY BOOST

WEDNESDAY & FRIDAY • 9:00am

BOOT CAMP

TUESDAY & THURSDAY • 5:15am
MONDAY & WEDNESDAY • 6:15pm

CORE ESSENTIALS

TUESDAY • 6:15pm

HIIT

TUESDAY • 11:00am

MOVEMENT & MOBILITY

THURSDAY • 11:00am

SCULPT AND TONE

THURSDAY • 6:00pm

YOGA

TUESDAY • 7:00pm
FRIDAY • 9:45am

ZUMBA

MONDAY • 9:00am
THURSDAY • 7:00pm



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VIRTUAL CLASSES, AND WORKOUTS



@CROSSCREEKRANCHFITNESS



@CCRFITNESSCENTER

*Residents/Staff inside the weight room are NOT permitted to grant access. Please check with the Fitness Center regularly for updates. 5/22

6440 Cross Creek Bend Lane, Fulshear, TX 77441 • 281-344-0078