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

Follow us FOR MORE UPDATES,
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. 3/21

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

CROSS CREEK RANCH

FITNESS CENTER *Hours*

Ages 18+ ONLY

Valid Key Fob or Mobile Credential required for Fitness Center access.*

MONDAY-THURSDAY
4am - 10pm

FRIDAY
4am - 12pm, 2pm - 9pm

SATURDAY
5am - 6pm

SUNDAY
5am - 6pm

Ages 13-17 Permitted Temporary Access Holders**

Valid Key Fob or Mobile Credential required for Fitness Center access.*

MONDAY-THURSDAY
5am - 11:30am, 3:30pm - 10pm

FRIDAY
5am - 11:30am, 3:30pm - 9pm

SATURDAY
8am - 6pm

SUNDAY
1pm - 6pm

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** Applications complete and fobs/mobile crendential in transit. 3/21

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