



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

### **WATER AEROBICS**

TUESDAY & THURSDAY • 11:00am

*Flewellen Pool*

### **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. 5/21

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 - 9pm

### SATURDAY

4am - 6pm

### SUNDAY

4am - 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 credential in transit. 5/21

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