

RMC GROUP FITNESS & WELLNESS CLASSES

Starting January 3, 2018

(All classes run 55 minutes unless otherwise stated)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	Tabata* Beth	Body Sculpt* Beth (5:35am)	Step It Up* Kathryn	Body Sculpt* Beth (5:35am)	Tabata* Julie E.	
7:00AM	Gentle Yoga Tara C1	BARRE Above* Gail	Yogalates Tara C1		Gentle Yoga Camille C1&2	
8:00AM	Ball/Bosu X Tara	Quick Tone X Kathryn	Core X Gail	Quick Tone X Julie E.	Core X Kathryn	Yoga (8:10 am) Anna C1&2
8:30AM	Power Step Gail	Power Fit Kathryn	Kickboxing Gail	Power Fit Julie E.	Step/Cycle/Sculpt Kathryn	Zumba (8:15am) Erin
8:30AM	Revitalize Yoga Kiyomi C1&2	Yoga Donna C1&2	Yoga Traci/Diane C1&2	Yoga Traci C1&2	Pilates Betsy C1&2	
9:30AM	Back to Basics ☺ Alisa Gym		Back to Basics ☺ Gail Gym		Back to Basics ☺ Kathryn Gym	Power Step/Tabata (9:15 am) Jackie/Julie E./Tinisha
9:30AM	Cardio Sculpt Gail	Simply Stretch X Kathryn	Cardio Sculpt Alisa	Simply Stretch X Alisa	Cardio Sculpt Donna	Pilates (9:15 am) C1&2 Jayna/Laura Anne/ Shawnah
10:00AM		Body Sculpt Kathryn		Body Sculpt Alisa		Body Sculpt (10:15 am) Jackie/Julie E.
10:30AM	Zumba Gold* Donna		Zumba Gold* Donna		Zumba* Donna	
11:00AM		Zumba* Amelia		Zumba* Shelly	Gong Meditation C1&2 Traci	
11:00AM	Reiki Restorative Traci C1&2	Yogalates ☺ Betsy C1&2		Yogalates ☺ Tara C1&2		
12:10PM						
4:15PM		Cycling* ☺ Beth		Cycling* ☺ Beth		
5:00PM			YoChi Betsy C1&2			
5:00PM	Step/Cycle/Sculpt Julie R.	Sculpting & Abs Beth	Kick Boxing Julie R.	Sculpting & Abs Beth		
5:00PM	Zumba Erin MPR-B	Pilates Jayna C1&2	Zumba Erin MPR-B	Pilates Jayna C1&2		
6:00PM	POUND Erin MPR-B	Zumba Shelly MPR-B	Barre Above* Gail	Country Heat Carrie		
6:00PM	Pilates ☺ Laura Anne C1&2	Yoga Sarah C1&2		Yoga Donna C1&2		
6:00PM	Boot Camp Julie R.	Tabata* Beth	Pilates ☺ Laura Anne C1&2			
7:00PM	Yoga Anna C1&2	Yoga Nidra ☺ Kimberly C1&2	Yoga ☺ Sarah/Steve C1&2			

SilverSneakers Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM	Classic* Rhonda/Beth Gym		Classic* Rhonda/Beth Gym		Classic* Donna/Gail Gym	
11:00AM		Classic* Rhonda/Kathryn Gym		Classic* Rhonda/Alisa Gym		
11:20AM	Classic* Rhonda		Circuit* Donna		Classic* Donna	
12:00PM	Yoga* (12:15pm) Rhonda	Yoga* Rhonda	Yoga* (12:15pm) Betsy	Yoga* Rhonda	Yoga* (12:15pm) Betsy	

* = 45 MINUTE CLASS

X = 30 MINUTE CLASS

☺ = FAMILY FITNESS CLASS (AGES 8 AND UP)

INSTRUCTORS & CLASSES ARE SUBJECT TO CHANGE

Revised 1/8/18