



# Horario de clases de fitness en grupo

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## A partir del 6 de noviembre

	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo
5:30-6:30am	Body Pump/ Les Mills Core™ Esther	5:15-6:00am Bonnie's Early Bird Circuit	Body Pump™ Brooke	5:15-6:00am Bonnie's Early Bird Circuit	Body Pump™ Brooke		
8:15-9:00am	Sunrise Splash Suzie		Sunrise Splash Jenny			8:10-8:50am Saturday Sweat <i>(Instructor's choice cardio rotation)</i>	
9:15-10:00am	Seated Yoga Suzie	Seated Strength & Cardio Suzie	Seated Yoga Ingrid	Seated Strength & Cardio Ingrid		9:00-10:00am Body Pump™ Rotation	
11:05-11:50am	Power 45 Shadow	Cycle Shadow	Barre Ingrid	Core Cycle Ingrid	Total Body Toning Shadow		
12:10-12:50pm	Total Body Toning Elissa	Body Pump™ Elissa	Kickboxing Suzie	Body Pump™ Shadow	Yoga Tricia		
1:10-1:50pm	Yoga Shadow		Yoga Shadow				
5:15-6:00pm	Body Pump™ Andrea	Cycle Suzie	5:15-5:45pm Les Mills Core™ Esther	ZUMBA® Amy			4:00-4:45pm Cycle Suzie
6:15-7:00pm	Power 45 Sydney						
5:00-5:45pm	Aqua Bootcamp Mary	HIIT Shallow Amy	Aqua Bootcamp Susie	HIIT Shallow Mary/Linda			

\*Horario sujeto a cambios. Echa un vistazo a nuestro sitio web en [www.regionalfitnesscenter.com](http://www.regionalfitnesscenter.com), LIKE en Facebook y Instagram para anuncios, eventos, horarios nuevos, y mas

\*Power 45 y Zumba empieza la semana del 13 de noviembre