2026 Winter Group Fitness Schedule

www.regionalfitnesscenter.com ● (320)589-6485

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Beginning November 2nd, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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*			6:10-6:40 Les Mills Core™ *Andrea*		*9:00am* Saturday Rotation *(See social media for class)*	
9:15-10:00am	Seated Yoga *Suzie*	Seated Strength & Cardio *Suzie*	Seated Yoga *Ingrid*	Seated Strength & Cardio *Ingrid*			
11:05-11:50am	11:30am-12:00pm Les Mills Core™ *Andrea*	Cycle *Shadow*	Kickboxing *Suzie*	Core Cycle *Lilly*	Total Body Toning *Shadow*		
12:10-12:50pm	Power 45 *Shadow*	STRENGTH Arms + Core *Elissa*	12:10-12:40pm Les Mills Core™ *Esther*	STRENGTH Legs + Back *Shadow*			
1:10-1:50pm	Recovery in Motion *Ingrid*		Yoga *Shadow*				
5:00-5:45pm	Aqua Bootcamp Amy	HIIT Shallow *Susie*	Aqua Bootcamp Ash	HIIT Shallow *Mary*			4:00-4:45pm Cycle *Elissa/Lilly*
5:15-6:00pm	5:15-5:45pm Strength & Core Restore *Elissa*	Body Pump™ *Andrea*	Zumba® *Amy*	Body Pump™ *Esther*			

*Schedule subject to change. Check out our website at www.regionalfitnesscenter.com, LIKE us on Facebook & follow us on Instagram for class announcements, upcoming events, new schedules & more!

*Saturday Rotation—instructors choice—class will be announced ahead of time on our social media pages! Class duration will vary depending on the type of class!