



# 2023 Winter Group Fitness Schedule

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

Instagram: @rfc\_morris Facebook: @RegionalFitnessCenter

## Beginning January 16, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Body Pump/ Les Mills Core™ <i>Esther</i>	5:15-6:00am Bonnie's Early Bird Circuit	Body Pump™ <i>Brooke</i>	5:15-6:00am Bonnie's Early Bird Circuit	Body Pump™ <i>Brooke</i>		
8:15-9:00am		Dance Fitness <i>Suzie</i>				8:05-8:50am Saturday Sweat <i>(Instructor's choice cardio rotation)</i>	
9:15-10:00am	Seated Yoga <i>Suzie</i>	Seated Strength & Cardio <i>Suzie</i>	Seated Yoga <i>Ingrid</i>	Seated Strength & Cardio <i>Ingrid</i>		9:00-10:00am Body Pump™ <i>Rotation</i>	
11:05-11:50am	Power 45 <i>Shadow</i>	Cycle <i>Shadow</i>	Barre <i>Ingrid</i>	Core Cycle <i>Ingrid</i>	Total Body Toning <i>Shadow</i>		
12:10-12:50pm	Total Body Toning <i>Elissa</i>	Body Pump™ <i>Elissa</i>	Kickboxing <i>Suzie</i>	Body Pump™ <i>Shadow</i>	Power Lane <i>Ingrid</i>		
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>		Yoga <i>Tricia</i>		
5:15-6:00pm	HIIT Deep <i>Mary</i>	Yoga (Racquetball court) <i>Amy</i>	HIIT Deep <i>Mary</i>	Yoga (Racquetball court) <i>Susie</i>			4:00-4:45pm Cycle <i>Suzie</i>
5:15-6:00pm	ZUMBA® <i>Amy</i>	Body Pump™ <i>Andrea</i>	Cycle <i>Suzie</i>	5:15-5:45pm Les Mills Core™ <i>Esther</i>			
6:15-7:00pm	Power 45 <i>Sydney</i>						

\*Schedule subject to change. Check out our website at [www.regionalfitnesscenter.com](http://www.regionalfitnesscenter.com), LIKE us on Facebook & follow us on Instagram for class announcements, upcoming events, new schedules & more!

\*Saturday Sweat—instructors choice cardio class will be announced ahead of time on our social media pages!

\*The RFC recreation pool is closed until further notice due to maintenance. We apologize for the inconvenience.

\*HIIT Deep will be in the diving well of the competition pool area, please use the Cougar locker room to access the competition pool.

\*Candlelight evening Yoga at 5:15pm will be held in the racquetball court, please grab a yoga mat from the RFC gym if you need one!

\*Join Tricia Rohloff for Yoga in the MAHS library Thursdays 4:15-5:00pm January 12th-March 9th- Bring your own mat- No class February 16th