



2024-25 Winter Group Fitness Schedule

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Instagram: @rfc_morris

Facebook: @RegionalFitnessCenter

Beginning November 4th, 2024

	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	Sunrise Splash <i>Suzie</i>			Sunrise Splash <i>Jenny</i>		9:00am Saturday Rotation <i>(See social media for class)</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>			
11:05-11:50am	Barre <i>Ingrid</i>	Cycle <i>Shadow</i>	Kickboxing <i>Suzie</i>	Core Cycle <i>Ingrid</i>	Total Body Toning <i>Shadow</i>		
12:10-12:50pm	Power 45 <i>Shadow</i>	STRENGTH Arms + Core <i>Elissa</i>	12:10-12:40pm Les Mills Core™ <i>Esther</i>	STRENGTH Legs + Back <i>Shadow</i>	Circuit Rotation		
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>		Yoga <i>Tricia</i>		
5:00-5:45pm	Aqua Bootcamp <i>Mary</i>	HIIT Shallow <i>Susie</i>	Aqua Bootcamp <i>Amy</i>	HIIT Shallow <i>Mary</i>			4:00-4:45pm Cycle <i>Suzie/Elissa</i>
5:15-6:00pm	Zumba® <i>Amy</i>	Body Pump™ <i>Andrea</i>	Total Body Toning <i>Elissa</i>	5:15-5:45pm Les Mills Core™ <i>Esther</i>			

*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!