



2024 Fall Group Fitness Schedule

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Beginning September 3rd, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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>		8:30am 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>		

*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!

*Winter schedule will begin on November 4th! Watch for evening classes to return!