



# 2022 Fall Group Fitness Schedule

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## Beginning September 7th, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am	Body Pump/ Les Mills Core™ <i>Esther</i>	5:15-6:00am Early Bird Circuit <i>Bonnie</i>	Body Pump™ <i>Brooke</i>	5:15-6:00am Early Bird Circuit <i>Bonnie</i>	Body Pump™ <i>Brooke</i>	
6:15-7:00am		Body Pump™ <i>Andrea</i>				
8:15-9:00am	Sunrise Splash <i>Suzie</i>	Dance Fitness <i>Suzie</i>	Sunrise Splash <i>Ingrid</i>			
9:15-10:00am	Seated Yoga <i>Suzie</i>	Seated Strength & Cardio <i>Suzie</i>	Seated Yoga <i>Ingrid</i>	Seated Strength & Cardio Ingrid		9:00-10:00am Body Pump™ <i>Rotation</i>
11:05-11:50am	Power 45 <i>Shadow</i>	SPIN® <i>Shadow</i>	Barre <i>Ingrid</i>	Cycle Circuit <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 Suzie	Body Pump™ <i>Shadow</i>	<i>Tabata &amp; Core</i> <i>Ingrid</i>	
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>			
5:00-5:45pm	<i>Aqua</i> <i>Bootcamp</i> <i>Mary</i>	<i>HIIT Shallow</i> <i>Amy</i>	<i>Aqua</i> <i>Bootcamp</i> <i>Susie</i>	<i>HIIT Shallow</i> <i>Mary</i>		

**\*Schedule subject to change. Stay tuned to the RFC Facebook & Instagram pages for class announcements.**

**\*More classes coming in November!! Evening classes will be back!**