

REGIONAL FITNESS CENTER  
GYM SCHEDULE

| Time          | Wednesday, Oct 2 |             | Thursday, Oct 3    |              | Friday, Oct 4     |              | Saturday, Oct 5   |             |
|---------------|------------------|-------------|--------------------|--------------|-------------------|--------------|-------------------|-------------|
|               | North Court      | South Court | North Court        | South Court  | North Court       | South Court  | North Court       | South Court |
| 5 - 6 am      | BodyPump         |             | Early Bird Circuit | Body Edge    | BodyPump          |              | RFC Closed        | RFC Closed  |
| 6 - 7 am      | BodyPump         |             |                    | Body Edge    | BodyPump          |              | RFC Closed        | RFC Closed  |
| 7 - 8 am      |                  |             |                    |              |                   |              | RFC Closed        | RFC Closed  |
| 8 - 9 am      |                  |             |                    |              |                   | Daycare Play | Saturday Rotation |             |
| 9 - 10 am     | Seated Yoga      | Seated Yoga | Seated S & C       | Seated S & C |                   | Daycare Play | Saturday Rotation |             |
| 10 - 11 am    |                  | Pickleball  |                    |              |                   | Daycare Play |                   | Pickleball  |
| 11 am - 12 pm | Kickboxing       | Pickleball  | Core Cycle         |              | Total Body Toning | Pickleball   |                   | Pickleball  |
| 12 - 1 pm     | Core             | Pickleball  | Strength           | UMM Softball | Circuit           | Pickleball   |                   |             |
| 1 - 2 pm      | Yoga             | Yoga        |                    | UMM Softball | Yoga              | Yoga         |                   |             |
| 2 - 3 pm      |                  |             |                    | Pickleball   |                   |              |                   |             |
| 3 - 4 pm      |                  |             |                    | Pickleball   |                   |              |                   |             |
| 4 - 5 pm      |                  |             |                    |              |                   |              |                   |             |
| 5 - 6 pm      |                  |             |                    |              |                   |              |                   |             |
| 6 - 7 pm      |                  |             |                    |              |                   |              |                   |             |
| 7 - 8 pm      |                  |             |                    |              |                   |              |                   |             |
| 8 - 9 pm      |                  |             |                    |              |                   |              |                   |             |
| 9 - 10 pm     |                  |             |                    |              | RFC Closed        | RFC Closed   | RFC Closed        | RFC Closed  |

REGIONAL FITNESS CENTER  
GYM SCHEDULE

| Time          | Sunday, Oct 6 |               | Monday, Oct 7 |             | Tuesday, Oct 8     |              |
|---------------|---------------|---------------|---------------|-------------|--------------------|--------------|
|               | North Court   | South Court   | North Court   | South Court | North Court        | South Court  |
| 5 - 6 am      | RFC Closed    | RFC Closed    | BP Express    |             | Early Bird Circuit | Body Edge    |
| 6 - 7 am      | RFC Closed    | RFC Closed    | BP Express    |             |                    | Body Edge    |
| 7 - 8 am      | RFC Closed    | RFC Closed    |               |             |                    |              |
| 8 - 9 am      | RFC Closed    | RFC Closed    |               |             |                    |              |
| 9 - 10 am     | RFC Closed    | RFC Closed    | Seated Yoga   | Seated Yoga | Seated S & C       | Seated S & C |
| 10 - 11 am    |               |               |               | Pickleball  |                    |              |
| 11 am - 12 pm |               |               | Barre         | Pickleball  | Cycle              |              |
| 12 - 1 pm     |               |               | Power 45      | Pickleball  | Strength           |              |
| 1 - 2 pm      |               |               | Yoga          | Yoga        |                    |              |
| 2 - 3 pm      |               |               |               |             |                    |              |
| 3 - 4 pm      |               |               |               |             |                    |              |
| 4 - 5 pm      |               |               |               |             |                    |              |
| 5 - 6 pm      |               |               |               |             |                    | UMM Softball |
| 6 - 7 pm      |               | Private Group |               |             |                    | UMM Softball |
| 7 - 8 pm      |               | Private Group |               |             |                    | UMM Softball |
| 8 - 9 pm      |               |               |               |             |                    |              |
| 9 - 10 pm     | RFC Closed    | RFC Closed    |               |             |                    |              |

\*Schedule subject to change