

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, Jul 24		Thursday, Jul 25		Friday, Jul 26		Saturday, Jul 27	
	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						Daycare Play		
11 am - 12 pm	Barre		Core Cycle		Total Body Toning			
12 - 1 pm	Kickboxing		Strength					
1 - 2 pm	Yoga	Yoga	Summer Sizzle	Summer Sizzle				
2 - 3 pm			Summer Sizzle	Summer Sizzle				
3 - 4 pm								
4 - 5 pm								
5 - 6 pm		UMM Baseball				UMM Baseball		
6 - 7 pm		UMM Baseball				UMM Baseball		
7 - 8 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed
8 - 9 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, Jul 28		Monday, Jul 29		Tuesday, Jul 30	
	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			Dance Fitness	
9 - 10 am	RFC Closed	RFC Closed	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am						
11 am - 12 pm			Power 45		Cycle	
12 - 1 pm			Total Body Toning		Strength	
1 - 2 pm			Yoga	Yoga	Summer Sizzle	Summer Sizzle
2 - 3 pm			Summer Sizzle	Summer Sizzle	Summer Sizzle	Summer Sizzle
3 - 4 pm						
4 - 5 pm						
5 - 6 pm				UMM Baseball		
6 - 7 pm				UMM Baseball		
7 - 8 pm	RFC Closed	RFC Closed				
8 - 9 pm	RFC Closed	RFC Closed				
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

\*Schedule subject to change

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, Jul 31		Thursday, Aug 1		Friday, Aug 2		Saturday, Aug 3	
	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						Daycare Play		
11 am - 12 pm	Barre		Core Cycle		Total Body Toning			
12 - 1 pm	Kickboxing		Strength					
1 - 2 pm	Yoga	Yoga	Summer Sizzle	Summer Sizzle				
2 - 3 pm			Summer Sizzle	Summer Sizzle				
3 - 4 pm								
4 - 5 pm								
5 - 6 pm		UMM Baseball				UMM Baseball		
6 - 7 pm		UMM Baseball				UMM Baseball		
7 - 8 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed
8 - 9 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, Aug 4		Monday, Aug 5		Tuesday, Aug 6	
	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			Dance Fitness	
9 - 10 am	RFC Closed	RFC Closed	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am						
11 am - 12 pm			Power 45		Cycle	
12 - 1 pm			Total Body Toning		Strength	
1 - 2 pm			Yoga	Yoga	Summer Sizzle	Summer Sizzle
2 - 3 pm			Summer Sizzle	Summer Sizzle	Summer Sizzle	Summer Sizzle
3 - 4 pm						
4 - 5 pm						
5 - 6 pm				UMM Baseball		
6 - 7 pm				UMM Baseball		
7 - 8 pm	RFC Closed	RFC Closed				
8 - 9 pm	RFC Closed	RFC Closed				
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

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