



2023 Winter Group Fitness Schedule

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Instagram: @rfc_morris

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Beginning November 6th, 2023

	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			8:10-8:50am Saturday Sweat <i>(Instructor's choice cardio rotation)</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>		9:00-10:00am Body Pump™ <i>Rotation</i>	
11:05-11:50am	Power 45 <i>Shadow</i>	Cycle <i>Shadow</i>	Barre <i>Ingrid</i>	Core Cycle <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 <i>Suzie</i>	Body Pump™ <i>Shadow</i>	Yoga <i>Tricia</i>		
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>				
5:15-6:00pm	Body Pump™ <i>Andrea</i>	Cycle <i>Suzie</i>	5:15-5:45pm Les Mills Core™ <i>Esther</i>	ZUMBA® <i>Amy</i>			4:00-4:45pm Cycle <i>Suzie</i>
6:15-7:00pm	Power 45 <i>Sydney</i>						
5:00-5:45pm	Aqua Bootcamp <i>Mary</i>	HIIT Shallow <i>Amy</i>	Aqua Bootcamp <i>Susie</i>	HIIT Shallow			

*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 Sweat—instructors choice cardio class will be announced ahead of time on our social media pages!