

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Jul 10		Thursday, Jul 11		Friday, Jul 12		Saturday, Jul 13	
	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							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 14		Monday, Jul 15		Tuesday, Jul 16	
	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						
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