



2023 Fall Group Fitness Schedule

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Beginning September 5th, 2023

	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>	
8:15-9:00am	Sunrise Splash <i>Suzie</i>		Sunrise Splash <i>Ingrid</i>			8:10-8:50am Saturday Cardio class <i>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 Ingrid		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 Suzie	Body Pump™ <i>Shadow</i>	Yoga <i>Tricia</i>	
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>			
5:00-5:45pm	<i>Aqua Bootcamp Mary</i>	<i>HIIT Shallow Amy</i>	<i>Aqua Bootcamp Susie</i>	<i>HIIT Shallow Mary</i>		

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

* See social media for Saturday cardio class rotation schedule

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