

RPGx CLASS SCHEDULE

Included with membership (FREE)



Classes are for all levels unless noted; *Beginner / **Advanced

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyPump 5:15-6:00a Lori AB ZONE	Cycling Strong 5:15-6:15a Brook	BodyPump 5:00-6:00a Roberta AB ZONE	Cycle Strong 5:15-6:15a Lauren	BodyPump 5:00-6:00a Connie AB ZONE	BodyPump 8:00-9:00a Connie AB ZONE	BodyPump 9:00-10:00a Nicci AB ZONE
RPM 8:30-9:30a Deb	Glute x Core 8:30-9:00a Sandy AB ZONE	RPM 8:30-9:30a Deb	Curls x Core x More 8:30-9:00a Sandy AB ZONE	Tabata Cardio 8:20-8:50a Mandi AB ZONE	Zumba 9:00-10:00a Sharon	Boot Camp 9:00-10:00a Jeannie
Phat Attack/LM Core 9:00-10:00a Brook AB ZONE	Strength & Sculpt 9:15-10:00a Mandi AB ZONE	Strength & Sculpt 9:15-10:00a Iyan AB ZONE	Boot Camp 9:15-10:15a Jenny AB ZONE	Glute x Core 9:00-9:45a Mandi AB ZONE	Cycling 9:15-10:15a Jenny	Zumba 10:15-11:15a Lori D
Strength & Sculpt 10:15-11:00a Mandi AB ZONE	Tabata Strength 12:15-1:15p Laura B. AB ZONE	Silver & Fit* 10:15-11:00a Judy O	Strength & Sculpt 12:15-1:15p Laura AB ZONE	Strength Blast 10:00-11:00a Iyan AB ZONE	BodyStep 9:15-10:15a Elena AB ZONE	Old School Cardio & Core 10:15-11:15a Diane AB ZONE
Cycling 12:15-1:00p Sandy	BodyPump 5:15-6:15p Lori AB ZONE	BodyStep 5:00-6:00p Lori AB ZONE	BodyPump 5:00-6:00p Bryan AB ZONE	Silver & Fit* 10:15-11:00a Judy O	Body Combat 10:30-11:30a Seika AB ZONE	
BodyStep/LM Core 4:45-6:00p Elena AB ZONE	GE Dance Fitness 5:30-6:30p Bryan	BodyCombat 5:15-6:15p Jessica	Cycling Strong 5:00-6:00p Laura G.	Body Blaster 5:00-6:00p Laura G. AB ZONE		
Cycling 5:15-6:15p Connie		Cycle Strong 5:15-6:15p Connie	BodyCombat 5:30-6:30p Caitlen			
Xtreme Hip Hop Step 6:00-7:00p Velvetta		BodyPump 6:15-7:15p Bryan AB ZONE	Cycling 6:15-7:15p Lauren			
BodyPump 6:15-7:15p Connie AB ZONE			GE Dance Fitness 6:15-7:15p Bryan AB ZONE			

Scan the QR code to read our class descriptions!



LOCATION

 Outside Weather Permitting Limit 20-30	 Core Studio Limit 20-30	 Cycling Studio Limit 40	 AB Studio Limit 20-30
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Schedules are subject to change.