

# River Crossing Club

## FITNESS CENTER CLASS SCHEDULE

### ● Monday

|                                                              |                                                               |                                                                    |                                                       |                                               |                                                      |
|--------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------|------------------------------------------------------|
| <b>BEGINNERS BODY BURN*</b><br>SELF GUIDED<br>6:40 - 7:30 AM | <b>EARLY BODY BURN</b><br>TENEILE/SELF GUIDED<br>8:15-9:15 AM | <b>INTERMEDIATE CLASSICAL PILATES</b><br>CAROLYN<br>10:10-11:10 AM | <b>BODY SCULPTING</b><br>CHRISTIANE<br>11:20-12:05 PM | <b>STRETCH</b><br>CHRISTIANE<br>12:15-1:00 PM | <b>SUSPENSION TRAINING*</b><br>ADAIA<br>5:30-6:10 PM |
|--------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------|------------------------------------------------------|

\* 2<sup>ND</sup> AND 4<sup>TH</sup> MONDAY  
EACH MONTH

### ● Tuesday

|                                                        |                                                   |                                         |                                         |
|--------------------------------------------------------|---------------------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>CARDIO PILATES</b><br>CHRISTIANE<br>9:45 - 10:30 AM | <b>CARDIO DANCE</b><br>LESLIE<br>10:45 - 11:30 AM | <b>YOGA</b><br>ELAINE<br>11:40-12:25 PM | <b>STRETCH</b><br>ADAIA<br>3:00- 3:45PM |
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### ● Wednesday

|                                                          |                                                               |                                            |                                           |                                                                     |
|----------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------|-------------------------------------------|---------------------------------------------------------------------|
| <b>BEGINNERS BODY BURN*</b><br>TENEILE<br>6:40 - 7:30 AM | <b>EARLY BODY BURN</b><br>TENEILE/SELF GUIDED<br>8:15-9:15 AM | <b>STRENGTH</b><br>ADAIA<br>10:10-10:35 AM | <b>ZUMBA</b><br>ADAIA<br>10:45 - 11:30 AM | <b>BEGINNER TO CLASSICAL PILATES</b><br>CAROLYN<br>11:45 - 12:45 PM |
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### ● Thursday

|                                            |                                                  |                                         |                                       |
|--------------------------------------------|--------------------------------------------------|-----------------------------------------|---------------------------------------|
| <b>BARRE</b><br>CHRISTIANE<br>9:45-10:30AM | <b>ZUMBA SENTA0</b><br>ADAIA<br>10:45 - 11:30 AM | <b>YOGA</b><br>ELAINE<br>11:40-12:25 PM | <b>YOGA</b><br>ELAINE<br>4:30-5:15 PM |
|--------------------------------------------|--------------------------------------------------|-----------------------------------------|---------------------------------------|

### ● Friday

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|--------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------|
| <b>BEGINNERS BODY BURN*</b><br>SELF GUIDED<br>6:40 - 7:30 AM | <b>EARLY BODY BURN</b><br>TENEILE/SELF GUIDED<br>8:15-9:15 AM | <b>INTRO TO CLASSICAL PILATES</b><br>CAROLYN<br>9:45 - 10:30 AM | <b>CARDIO STRENGTH</b><br>ADAIA<br>10:45-11:30 AM |
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