

# River Crossing Club

## FITNESS CENTER CLASS SCHEDULE

### ● Monday

#### **EARLY BODY BURN\***

SELF GUIDED

6:40 - 7:30 AM

#### **BODY BURN**

8:15 - 9:15 AM

#### **PILATES**

10:20 - 11:05 AM

#### **BODY SCULPTING**

11:20 - 12:05 PM

#### **STRETCH**

12:15 - 1:00 PM

#### **AQUA ZUMBA**

5:30 - 6:10 PM

#### **AQUA YOGA**

6:15 - 7:00 PM

### ● Tuesday

#### **BARRE**

9:45 - 10:30 AM

#### **ZUMBA/TONING/SENTAO**

10:45 - 11:45 AM

#### **YOGA**

11:55 - 12:40 PM

#### **SUSPENSION TRAINING & STRETCH**

3:30 - 4:15 PM

### ● Wednesday

#### **EARLY BODY BURN\***

SELF GUIDED

6:40 - 7:30 AM

#### **BODY BURN**

8:15 - 9:15 AM

#### **ZUMBA GOLD**

9:45 - 10:30 AM

#### **FIT & ACTIVE**

10:45 - 11:30 PM

#### **BEGINNER PILATES**

11:45 - 12:45 PM

### ● Thursday

#### **ZUMBA GOLD**

10:45 - 11:30 AM

#### **BARRE ABOVE**

11:40 - 12:25 PM

#### **ESSENTRICS**

12:35 - 1:05 PM

#### **YOGA**

4:30 - 5:15 PM

### ● Friday

#### **EARLY BODY BURN**

SELF GUIDED

6:40 - 7:30 AM

#### **BODY BURN**

8:15 - 9:15 AM

#### **CLASSICAL PILATES OPEN MAT**

9:45 - 10:30 AM

#### **CARDIO & STRENGTH**

10:45 - 11:30 AM