

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

BODY SCULPTING + BARRE ABOVE

11:00 - 11:45 PM

● Tuesday

LINE DANCING

10:30 - 11:15 AM

FIT & ACTIVE

11:25 - 11:55 AM

YOGA

12:05 - 12:50 PM

SUSPENSION TRAINING & STRETCH

3:30 - 4:15PM

● Wednesday

EARLY BODY BURN*

SELF GUIDED

6:40 - 7:30 AM

BODY BURN

8:15 - 9:15 AM

FUNCTIONAL FITNESS

10:00 - 10:45 AM

ZUMBA SENTADO

10:55 - 11:35 AM

BEGINNER TO CLASSICAL PILATES

11:45 - 12:45 PM

● Thursday

ZUMBA

10:30 - 11:15 AM

BARRE ABOVE

11:25 - 12:10 PM

STRETCH

12:20 - 12:50 PM

YOGA FLOW

3:00 - 4:00 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

10:40 - 11:25 AM