

# RIVER CROSSING CLUB

## FITNESS CENTER CLASS SCHEDULE

Monday

### **BEGINNERS BODY BURN\***

TENEILE  
6:40-7:30AM

### **TOTAL BODY BURN**

TENEILE  
8:15-9:15AM

### **TRX**

ADAIA  
9:50-10:35AM

### **ZUMBA GOLD**

ADAIA  
10:45-11:30PM

### **PIYO**

CHRISTIANE  
11:45-12:30PM

### **STRETCH**

CHRISTIANE  
12:40-1:25PM

### **YOGA**

ELAINE  
4:30-5:15PM

### **CORE**

BRIT'NEY  
5:30-6:00PM

Tuesday

### **SIT & BE FIT**

MICHELLE  
8:00-8:30AM

### **BODYSCLPT W/BARRE**

CHRISTIANE  
9:45-10:35AM

### **ZUMBA SENTADO**

ADAIA  
(SEATED)  
10:45-11:30AM

### **YOGA**

ELAINE  
11:45-12:30PM

### **TRX**

ADAIA  
5:00-5:45PM

Wednesday

### **BEGINNERS BODY BURN\***

TENEILE  
6:40-7:30AM

### **TOTAL BODY BURN**

TENEILE  
8:15-9:15AM

### **HIIT**

BRIT'NEY  
9:30-10:00AM

### **STRENGTH**

BRIT'NEY  
10:05-10:35AM

### **ZUMBA**

ADAIA  
10:45-11:30AM

### **PILATES**

CAROLYN  
11:45-12:45PM

Thursday

### **CADRIO DANCE**

MICHELLE  
8:45-9:30AM

### **CARDIO PILATES**

CHRISTIANE  
9:45-10:30AM

### **ZUMBA TONING**

ADAIA  
10:45-11:30AM

### **STRETCH**

ADAIA  
11:40-12:10PM

### **CIRCUIT**

BRIT'NEY  
12:30-1:00PM

### **BALANCE & CORE**

MICHELLE  
3:15-4:00PM

### **YOGA**

ELAINE  
4:30-5:15PM

Friday

### **BEGINNERS BODY BURN\***

TENEILE  
6:40-7:30AM

### **TOTAL BODY BURN**

TENEILE  
8:15-9:15AM

### **BARRE**

ADAIA  
9:45-10:30AM

### **HIIT**

BRIT'NEY  
10:45-11:15AM

### **STRENGTH**

BRIT'NEY  
11:30-12:15PM

\*INDICATES THAT THE CLASS IS OCCASIONALLY CLASS LED WHEN A INSTRUCTOR IS NOT PRESENT