



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

BODYSULPT 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

CARDIO 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