



Group Fitness Classes

SCHEDULE EFFECTIVE APRIL 4, 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|--|---|
| 6:15 AM Ride ▶ .. 45 min Studio A | 6:15 AM Row .. 30 min Fitness Area | 6:15 AM Ride ▶ .. 45 min Studio A | 6:15 AM HIIT ▶ ... 30 min Studio A | 6:15 AM Ride ▶ .. 45 min Studio A | | |
| 7:15 AM Full Body Stretch 15 min Fitness Area | 8:00 AM Cardio Fit ▶ .. 30 min Studio A | 7:15 AM S & S . 30 min Fitness Area | | 7:15 AM Full Body Stretch 15 min Fitness Area | | |
| 8:00 AM TBC .. 45 min Fitness Area | 9:30 AM Step ▶ .. 45 min Studio A | 8:00 AM 20/20 .. 45 min Fitness Area | 8:00 AM S & S ▶ . 30 min Studio A | 8:00 AM Simply Strength . 30 min Fitness Area | | |
| 9:15 AM X-Training ... 45 min Fitness Area | 9:15 AM S & S . 30 min Fitness Area | 9:15 AM Sculpt 45 .. 45 min Fitness Area | 9:15 AM Core Balance . 30 min Fitness Area | 9:15 AM 20/20 .. 45 min Fitness Area | 9:45 AM Ride/Yoga .. 45 min Studio A | 9:15 AM Chisel & Burn ... 45 min Fitness Area |
| 10:30 AM S & S . 30 min Fitness Area | 10:30 AM Sculpt 45 .. 45 min Studio A | 10:30 AM Cardio Fit .. 45 min Fitness Area | 10:30 AM C/S/Y .. 45 min Fitness Area | 10:30 AM Core Balance . 30 min Fitness Area | 9:30 AM S & S .. 30 min Fitness Area | 10:15 AM Zumba .. 45 min Studio A |
| 12:00 PM Core Balance . 30 min Fitness Area | 10:30 AM Zumba .. 45 min Fitness Area | 12:00 PM Ride .. 45 min Studio A | 10:45 AM Hi-Lo .. 45 min Studio A | 10:30 AM Ride .. 45 min Studio A | 10:45 AM HIIT ... 45 min Fitness Area | 11:15 AM Bars & Bells ... 45 min Studio A |
| 12:00 PM Ride/Weights .. 45 min Studio A | 12:00 PM Row/Core .. 45 min Fitness Area | 12:00 PM S & S . 30 min Fitness Area | 12:00 PM TBC .. 45 min Fitness Area | 12:00 PM Zumba .. 45 min Fitness Area | 12:00 PM TBC .. 45 min Fitness Area | 12:30 PM Ride .. 45 min Studio A |
| 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Full Body Stretch 15 min Fitness Area | 1:00 PM Row .. 30 min Fitness Area | 1:00 PM Simply Strength . 30 min Fitness Area |
| 1:30 PM Gentle Fit . 30 min Fitness Area | 1:30 PM TBC .. 45 min Fitness Area | 1:30 PM Gentle Fit . 30 min Fitness Area | 1:30 PM Row .. 30 min Fitness Area | 1:30 PM S & S . 30 min Fitness Area | | |
| 5:30 PM Core Boot Camp .. 45 min Fitness Area | | 5:30 PM Row/Weights .. 45 min Fitness Area | 5:30 PM TBC .. 45 min Fitness Area | 3:00 PM Gentle Fit . 30 min Fitness Area | | |
| 6:15 PM Ride .. 45 min Studio A | 5:45 PM Bars & Bells ... 45 min Studio A | 6:30 PM Ride .. 45 min Studio A | | | | |
| | 6:45 PM HIIT ... 45 min Studio A | | 7:15 PM Bars & Bells ... 45 min Studio A | | | |

LEGEND

- Level 1
- .. Level 2
- ... Level 3
- ▶ **Virtual Class (Studio A)**
- ***Just added!***

Head to reh-fit.com for detailed class descriptions.