



Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM Full Body Stretch 15 min Fitness Area		7:15 AM Full Body Stretch 15 min Fitness Area		7:15 AM Full Body Stretch 15 min Fitness Area		
					9:30 AM S & S • 30 min Fitness Area	9:15 AM Chisel & Burn ••• 45 min Fitness Area
10:30 AM S & S • 30 min Fitness Area	10:30 AM Zumba •• 45 min Fitness Area		10:30 AM C/S/Y •• 45 min Fitness Area	10:30 AM Ride •• 45 min Studio A		
		12:00 PM Core Balance • 30 min Fitness Area		12:00 PM Zumba •• 45 min Fitness Area	12:00 PM TBC •• 45 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 Full Body Stretch 15 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				
		6:30 PM Ride •• 45 min Studio A				
		6:30 PM Full Body Stretch 15 min Fitness Area	6:30 PM Full Body Stretch 15 min Fitness Area			

LEGEND

- Level 1
- Level 2
- Level 3

Head to reh-fit.com/anywhere for the at-home virtual class schedule and detailed class descriptions.