



Group Fitness Schedule

Effective September 1, 2019

Class schedule and location subject to change.

Check reh-fit.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15 - 7:00 am (A) Ride/Sculpt/Yoga	6:15 - 6:45 am (FA) Indo-Row	6:15 - 7:00 am (A) Bars & Bells	6:15 - 6:45 am (A) HIIT	6:15 - 7:00 am (A) Ride	
	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 pm (FA) TBC Express	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 am (FA) Core Balance	
	8:15 - 9:10 am (FA) 20/20	8:15 - 9:10 am (FA) TBC	8:15 - 9:10 am (FA) 20/20	8:15 - 8:45 am (FA) Cardio-Fit	8:15 - 9:10 am (FA) TBC	
	8:30 - 9:25 am (A) Sculpt	8:30 - 9:25 am (A) Ride/Core/Stretch	8:30 - 9:25 am (A) Circuit			8:30 - 9:25 am (FA) TBC
9:00 - 9:45 am (A) Zumba	9:15 - 9:45 am (FA) Core Balance		9:15 - 9:45 am (FA) S & S	9:25 - 9:55 am (FA) TBC Express	9:15 - 9:45 am (FA) Cardio-Fit	8:55 - 9:50 am (A) Bars & Bells
	9:30 - 10:25 am (A) Cardio Interval	9:30 - 10:25 am (A) Circuit	9:30 - 10:25 am (A) X Training	9:30 - 10:25 am (A) CSY	9:30 - 10:25 am (A) 4 x 4	
10:00 - 10:45 am (A) Bars & Bells	10:00 - 10:30 am (FA) S & S	10:00 - 10:30 am (FA) Zumba Gold	10:00 - 10:30 am (FA) Cardio-Fit	10:00 - 10:30 am (FA) Simply Stretch	10:00 - 10:30 am (FA) Core Balance	10:00 - 10:30 am (FA) S & S
		10:30 - 11:00 am (A) Zumba	10:30 - 11:00 am (FA) Dance Party			10:00 - 10:55 am (A) Kick
10:30 - 11:00 am (FA) Indo-Row						
11:00 - 11:45 am (A) High Fitness		10:35 - 11:05 am (FA) Indo-Row		10:45 - 11:15 am (FA) Indo-Row		
11:15 - 11:45 am (FA) Core Balance		11:15 - 11:45 pm (A) Gentle Fit		11:15 - 11:45 pm (A) Gentle Fit	11:15 am - 12:10 pm (A) Zumba	11:15 am - 12:10 pm (A) Ride/Sculpt
		11:50 am - 12:20 pm (A) Gentle Stretch		11:50 am - 12:20 pm (A) Gentle Stretch		
12:00 - 12:45 pm (A) Ride	12:00 - 12:30 pm (FA) S & S	12:00 - 12:30 pm (FA) Core Balance	12:00 - 12:30 pm (FA) Core Balance	12:00 - 12:30 pm (FA) S & S	12:00 - 12:30 pm (FA) S & S	12:15 - 1:00 pm (A) S/S/S
	12:00 - 12:45 pm (A) Ride	12:30 - 1:00 pm (A) HIIT	12:00 - 12:55 pm (A) Ride/Sculpt	12:30 - 1:15 pm (A) Bars & Bells	12:15 - 1:00 pm (A) Ride	
					1:15 - 2:00 pm (A) OsteoFit	
	1:15 - 1:45 pm (A) Gentle Fit		12:45 - 1:15 pm (FA) Gentle Fit		1:30 - 2:00 pm (FA) TBC Express	2:00 - 2:30 pm (FA) Indo-Row
	1:30 - 2:25 pm (FA) TBC		1:30 - 2:25 pm (FA) Circuit		4:30 - 5:15 pm (A) Calorie Blast	
		5:00 - 5:30 pm (FA) TBC Express			5:00 - 5:55 pm (FA) Indo-Row/Sculpt	
	5:15 - 6:00 pm (FA) S/CB/S	5:30 - 6:30 pm (A) Ride/Sculpt/Yoga	5:30 - 6:15 pm (FA) Row/Core	5:30 - 6:25 pm (A) Circuit	5:30 - 6:15 pm (A) Zumba	
	5:00 - 5:55 pm (A) Strength Circuit		5:30 - 6:15 pm (A) High Fitness			LEGEND A = Group Fitness Studio A FA = Fitness Area Hardwood Floor
	6:15 - 6:45 pm (FA) Indo-Row					
	6:15 - 7:00 pm (A) Ride	6:45 - 7:40 pm (A) Kick	6:30 - 7:15 pm (A) Ride			Level 1
		7:00 - 7:45 pm (FA) Row/Ride Circuit	7:00 - 7:55 pm (FA) TBC	7:00 - 7:45 pm (FA) Row/Ride Circuit		Level 2-3
	7:15 - 8:10 pm (A) Core Boot Camp					

Mind/Body Schedule

Effective September 9, 2019

Class schedule subject to change.

Check reh-fit.com



Non-members permitted to enter only 15 minutes prior to class start time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00 - 9:30 am Classic Tracy
		9:30 - 11:00 am Classic Tracy	9:15 - 10:15 am Gentle (Level 1) Sofia		9:00 - 10:00 am Mat Pilates Sofia	
10:00 - 11:00 am Soft Flow Jen	10:00 - 11:30 am Classic Restorative Holly		10:30 - 11:30 am Gentle (Level 2) Sofia		10:15 - 11:15 am Soft Flow Jen	10:00 - 11:00 am Yoga/Pilates Fusion Treasure
11:15 am - 12:15 pm Flow Jen		11:30 am - 12:30 pm Soft Flow Leigh		11:15 am - 12:15 pm Gentle Kim	11:30 am - 12:30 pm Melt/Stretch Sofia	
			12:00 - 1:00 pm Flow Kim	12:30 - 1:15 pm Mindfulness Meditation Kim		
		1:30 - 3:00 pm Classic (Level 2) Tracy		1:30 - 3:00 pm Classic Holly		
	2:30 - 3:30 pm Gentle Amandev					
		3:15 - 4:15 pm Yoga for Persistent Back Pain Amandev	3:15 - 4:15 pm Yoga for Hip and Knees Amandev	3:30 - 4:30 pm Gentle Amandev		
		5:30 - 6:30 pm Yin Sofia				LEGEND
	6:00 - 7:00 pm Flexibility Amandev		6:00 - 7:30 pm Classic (Level 2) Holly	6:00 - 7:00 pm Precision Stretch Jessica		Mind/Body Flex Programs
				7:15 - 8:15 pm Mat Pilates Sofia		Registered Programs

Mind/Body Flex Pass

With our Mind/Body Flex pass, you can choose to participate in a variety of classes on any day or at any time or commit to a regular time every week. Sign up online to reserve your spot. Please note: once registered if you would like to change or attend a different class or cancel altogether, you can make those changes online. If you do not plan to attend a class that you have pre-registered for, please ensure that you cancel your participation online with a minimum of 24 hours' notice or your account will be charged for the class. Mind/Body Flex Passes expire 12 months from the date of purchase and are non-transferable and non-refundable.

Registered Programs

Our mind & body programs will help you clear your mind, improve your concentration, and develop strength and stamina at the same time. Register online.