

SUMMER 2022

RIEGEL RIDGE FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 9:00am – 10:00am Gayle Gymnasium	Yoga 9:30am – 10:30am Tammy Lounge	Interval Challenge 9:00am – 10:00am Gayle Aerobic Room	Yoga 10:00am – 11:00am Jesse Lounge	Cycle Circuit 9:00am – 10:00am Gayle Aerobic Room
				Yoga 9:30am – 10:30am Laura Lounge
	Yoga 6:30pm – 7:30pm Jesse Lounge	Strength Training 5:30pm – 6:15pm Melanie Gymnasium		

***Begins July 5th**

Fitness Classes are FREE with RRCC Fitness Memberships

NON-MEMBER FITNESS CLASS FEES

- + \$80 for a pre-paid fitness class card
- + \$10 per class
- + Please sanitize all equipment

