

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bootcamp 9:00am - 10:00am Gayle Gymnasium</p>	<p>Yoga 9:30am – 10:30am Tammy Lounge</p>	<p>Interval Challenge 9:00am - 10:00am Gayle Aerobic Room</p>	<p>Zumba Gold 9:30am – 10:30am Melanie Gymnasium</p>	<p>Cycle Circuit 9:00am - 10:00am Gayle Aerobic Room</p>
			<p>Yoga 10:00am - 11:00am Jesse Lounge</p>	<p>Yoga 9:30am – 10:30am Laura Lounge</p>
<p>Zumba 6:00pm – 7:00pm Melanie Gymnasium</p>	<p>Yoga 6:30pm – 7:30pm Jesse Lounge <small>*Starting 10/5</small></p>	<p>Strength Training 5:30pm - 6:30pm Melanie Gymnasium</p>		
		<p>Zumba 6:30pm – 7:30pm Melanie Gymnasium</p>		

FITNESS CLASSES

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

- ❖ Instructors are subject to change
- ❖ For more information please contact director@riegelridgecc.org