



## RSC Aerobics Schedule January 9th - May 12th 2012

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	Body Sculpt 8:15-9:10am		Body Sculpt 8:15-9:10am	Turbo Kick 9:00-10:00am	Body Sculpt 8:25-9:25am	
Zumba 8:30-9:20am	Tone to the Bone 9:15-10:45am	Cardio and Core 9:00-9:45am <i>come at 8:45am to get an hour long workout!</i>	Tone to the Bone 9:15-10:45am	Deep Definition 10:00-10:30am	Zumba 9:30-10:30am	
Cardio Conditioning 9:30-10:30am ( in the gym )		Zumba 9:50-10:45am			Body Fusion 10:45 - 11:30am	Cardio Mix 10:15-11:15am
Step-n-Sculpt 9:30-10:30am				S.W.A.T Senior Weights & Toning 11:30-12:15pm		
S.W.A.T Senior Weights & Toning 11:30-12:15pm		Functional Flexibility for Seniors 11:30-12:30pm				
Body Fusion 5:00-5:40pm	Zumba 4:05 - 4:55pm	Body Fusion 5:00-5:40pm	Zumba 4:05-4:55pm			
Cardio Combo 5:45-6:45pm	Body Sculpt 5:00-5:55pm	Cardio Combo 5:45-6:45pm	Body Sculpt 5:00-5:55pm			
Arms & Abs 6:45-7:15pm	Zumba 6:00-6:55pm	Butts & Gutts 6:45-7:15pm	Zumba 6:00-6:55pm			
These classes are included for those who have the RSC Annual Membership Plus but are an additional cost for those who do not						

## RSC Specialty Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Group Cycle 5:30-6:30am	Cycle Boot Camp 5:30-6:30am	Group Cycle 5:30-6:30am	Cycle Boot Camp 5:30-6:30am		Group Cycle 7:15-8:15am	
Boot Camp 6:00-7:00am		Boot Camp 6:00-7:00am		Boot Camp 6:00-7:00am		
Vinyasa Yoga 7:15-8:15pm	Group Cycle 7:00-8:00pm	Vinyasa Yoga 7:15-8:15pm	Group Cycle 7:00-8:00pm	Hip Hop Hustle 5:30-6:30pm (Jan 27th, Feb 24th, & Mar 30th only)		
These classes are an additional cost for all participants						