



RSC Aerobics Schedule July 5th - August 22, 2010

| <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 Speed Round 9:00-9:30am | Power Pump 8:25-9:25am | |
| Turbo Kick Speed Round 9:00-9:30am | Body Sculpt 9:15-10:10am | Core and More 9:00-9:40am | Body Sculpt 9:15-10:10am | Cardio Conditioning 9:30-10:30am | Zumba 9:30-10:30am | |
| Cardio Conditioning 9:30-10:30am (in the gym) | Cardio Mix 10:15-10:45am | Zumba 9:45-10:30am | Cardio Mix 10:15-10:45am | | | Turbo Kick 10:15-11:15am |
| Step-n-Sculpt 9:35-10:30am | | Deep Definition 10:35-11:20am | | 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 | | | | |
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| Body Fusion 5:00-5:45pm | Cardio Mix 4:30-5:00pm | Body Fusion 5:00-5:45pm | Cardio Mix 4:30-5:00pm | | | |
| Turbo Kick 5:50-6:45pm | Body Sculpt 5:00-5:55pm | Turbo Kick 5:50-6:45pm | 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 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 | | |
| | | | | | | |
| Out Door Boot Camp 6:30-7:30pm | | Out Door Boot Camp 6:30-7:30pm | | | | |
| Vinyasa Yoga 7:15-8:15pm | Group Cycle 7:00-8:00pm | Vinyasa Yoga 7:15-8:15pm | Group Cycle 7:00-8:00pm | Group Cycle 5:30-6:30pm | | |
| These classes are an additional cost for all participants | | | | | | |