



RWC Group Fitness

WINTER CLASS SCHEDULE

January 2 - February 23



| | <u>Time</u> | <u>Class</u> | <u>RM</u> | <u>Instructor</u> |
|------------------|---------------|---------------------------------------|-----------|-------------------|
| Monday | 5:40-6:30 AM | Barbell/Core | Gym | Bob G |
| | 9:00-10:00 AM | Rusty Hinges | Pool | Abbi N |
| | 5:30-6:15 PM | Aquaticize | Pool | Jenny B |
| | 5:30-6:20 PM | Cardio/Strength/Core | A.Rm | Penny S |
| Tuesday | 5:40-6:30 AM | Surf and Turf 2.0-HIIT in Pool | Pool | Abbi N |
| | 5:40-6:30 AM | Group Cycling | A.Rm | Michelle |
| | 9:00-9:55 AM | YOGA | A.Rm | Amanda L |
| | 9:00-10:00 AM | Rusty Hinges (DW) | Pool | Abbi N |
| | 5:30-6:30 PM | Group Cycling | A.Rm | Jean G |
| Wednesday | 5:40-6:30 AM | B.L.A.S.T.(Back,Legs,Abs, Stability) | Gym | Bob G |
| | 9:00-10:00 AM | Rusty Hinges | Pool | Abbi N |
| | 5:30-6:15 PM | Aquaticize | Pool | Jenny B |
| | 5:30-6:20 PM | Cardio/Strength/Core | A.Rm | Penny S |
| Thursday | 5:40-6:30 AM | Surf and Turf 2.0(In and Out of Pool) | Pool | Abbi N |
| | 5:40-6:30 AM | Group Cycling | A.Rm | Michelle |
| | 9:00-9:55 AM | YOGA | A.Rm | Amanda L |
| | 5:30-6:30 PM | Group Cycling | A.Rm | Jean G |
| | Friday | 5:40 - 6:30 AM | Boot Camp | Gym |
| 9:00-10:00 AM | | Rusty Hinges | Pool | Abbi N |
| 9:30-10:30 AM | | Senior Fitness sponsored by ECCF | Gym | Nate/Bob |
| TBA (AM/PM) | | Drop-In Classes Fri, Sat, Sun. | TBA | TBA |



Investment: 2x per week \$40 / \$60 **Group Cycling;** \$45 / \$62.50 **Rusty Hinges:** Aerobics Punch Pass only. **Barbell/BLAST/Bootcamp:** take one, two or all three \$20/class or take all 3 for \$50.00 (Public \$30/class or all three for \$75). **YOGA:** \$75/\$100. **Friday Senior Fitness:** No charge - open to members and public- sponsored by Emmet County Community Foundation. **Member Aerobic Punch Pass:** \$30 for 10 punches **Not sure if a class is right for you? You are always welcome to give a class a FREE try to see if you like it - Contact Bob for more information!**