



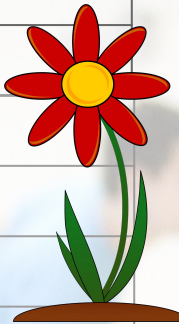
# RWC Group Fitness

## SPRING I CLASS SCHEDULE

**FEBRUARY 26 - APRIL 20 2018**



	<u>Time</u>	<u>Class</u>	<u>RM</u>	<u>Instructor</u>
<b>Monday</b>	5:40-6:30 AM	Barbell/Core	Gym	Bob G
	9:00-10:00 AM	Rusty Hinges Drop In Class	Pool	Abbi N
	5:30-6:15 PM	Aquaticize	Pool	Jenny B
	5:30-6:20 PM	Cardio/Strength/Core	A.Rm	Penny S
<b>Tuesday</b>	5:40-6:30 AM	Surf and Turf 2.0-HIIT/Tabata-Pool	Pool	Abbi N
	5:40-6:30 AM	Group Cycling	A.Rm	Michelle
	9:00-9:55 AM	CHAIR YOGA -DROP IN CLASS	A.Rm	Lanny
	9:00-10:00 AM	Rusty Hinges (Deep Water) Drop In	Pool	Abbi N
	5:30-6:30 PM	Group Cycling	A.Rm	Jean G
<b>Wednesday</b>	5:40-6:30 AM	B.L.A.S.T.(Back,Legs,Abs, Stability)	Gym	Bob G
	9:00-10:00 AM	Rusty Hinges Drop In Class	Pool	Abbi N
	5:30-6:15 PM	Aquaticize	Pool	Jenny B
	5:30-6:20 PM	Cardio/Strength/Core	A.Rm	Penny S
	5:40-6:30 AM	Surf and Turf 2.0(In and Out of Pool)	Pool	Abbi N
<b>Thursday</b>	5:40-6:30 AM	Group Cycling	A.Rm	Michelle
	9:00-9:55 AM	CHAIR YOGA -DROP IN CLASS	A.Rm	Lanny
	5:30-6:30 PM	Group Cycling	A.Rm	Jean G
	6:45-7:35 PM	Country Heat	A.Rm	Taryn C
	5:40 - 6:30 AM	Boot Camp	Gym	Bob/Staff
<b>Friday</b>	9:00-10:00 AM	Rusty Hinges Drop in Class	Pool	Abbi N
	9:30-10:30 AM	Senior Fitness sponsored by ECCF	Gym	Nate/Bob



**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).  
**Chair YOGA: Country Heat - R only \$25.00;** Drop-in **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!**