

FALL 2021

RIEGEL RIDGE FITNESS CLASS SCHEDULE

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

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

Updated 9/23/2021