

SUMMER 2021

RIEGEL RIDGE FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 8:30am - 9:30am Gayle Gymnasium *Starting June 21st	Yoga 9:30am – 10:30am Tammy Lounge	Interval Challenge 8:30am - 9:30am Gayle Aerobic Room *Starting July 7th	Aqua Zumba 12:30pm – 1:30pm Melanie Pool *Starting June 24th	Cycle Circuit 8:30am - 9:30am Gayle Aerobic Room
	Aqua Fitness 12:30pm – 1:30pm Melanie Pool *Starting June 29th			Yoga 10:00am - 11:00am Jesse Lounge
Aqua Zumba 6:00pm – 7:00pm Melanie Pool *Starting June 28th		Strength Training 5:30pm - 6:15pm Melanie Gymnasium *Starting June 23rd		
		Aqua Fitness 6:30pm – 7:15pm Melanie Pool *Starting June 23rd		

FITNESS CLASSES

- ✚ \$80 for a 10 class punch card
- ✚ \$10 per class
- ✚ Please sanitize all equipment

- ❖ Instructors are subject to change
- ❖ For more information please contact director@riegelridgecc.org

Updated 6/24/2021