

FALL 2022

RIEGEL RIDGE FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 9:00am - 10:00am Gayle Gymnasium	Cardio Sculpt 9:30am - 10:30am Melanie Aerobic Room	Interval Challenge 9:00am - 10:00am Gayle Aerobic Room	Zumba Gold 9:30am - 10:30am Melanie Gymnasium	Cycle Circuit 9:00am - 10:00am Gayle Aerobic Room
	Yoga 9:30am - 10:30am Tammy Lounge		Yoga 10:00am - 11:00am Jesse Lounge	Yoga 9:30am - 10:30am Laura Lounge
Zumba 6:00pm - 7:00pm Melanie Gymnasium	Yoga 6:30pm - 7:30pm Jesse Lounge	Strength Training 5:30pm - 6:30pm Melanie Gymnasium	Yoga 7:30pm - 8:30pm Jesse Lounge *Month of October Only	
		Zumba 6:30pm - 7:30pm Melanie Gymnasium		

Fitness Classes are FREE with RRCC Fitness Memberships

NON-MEMBER FITNESS CLASS FEES

- ✚ \$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 staff@riegelridgecc.org or call 908-995-9260

Updated 9/8/2022