

SPRING 2022

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	Zumba Gold 9:30am – 10:30am Melanie Gymnasium	Cycle Circuit 9:00am - 10:00am Gayle Aerobic Room
	Carido, Curls & More 9:30am – 10:30am Melanie Aerobic Room *April & May Only		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		
		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
- ❖ Or call 908-995-9260

Updated 3/24/2022