

# Riverfront Athletic Club Group Fitness Schedule Fall 2018

## Kids Club Hours

Monday & Wednesday 8:30am-12:00pm & 4:45pm-7:30pm

Tuesday & Thursday 8:30am-12:00pm & 4:00pm-7:30pm

Friday 8:30am-12:00pm

Saturdays 8am-12pm

Monday					Thursday						
Time		Class		Instructor	Time		Class	Location	Instructor		
5:15	-	6:00 am	Spinning®	Studio 2	Diane K.	5:15	-	6:15 am	Body Pump®	Studio 1	Ann P.
7:00	-	7:45 am	Spinning®	Studio 2	Linda	8:00	-	9:00 am	Body Pump®	Studio 1	Amy B
7:50	-	8:50 am	Pilates Yoga Fusion	Studio 1	Joan	9:15	-	10:00 am	Spinning®	Studio 2	Moriah
8:00	-	8:30 am	TRX® (Registration Required)	TA Room	Kay	9:15	-	10:15 am	Bootcamp	Studio 1	Karyn
9:00	-	10:00 am	Zumba™	Studio 2	Cherri	10:30	-	11:30 am	Yoga	Studio 1	Paula K.
9:15	-	10:15 am	Barre Fusion(Registration Required)	Studio 1	Jess	5:30	-	6:15 pm	Spinning®	Studio 2	Sally
10:20	-	11:20 am	Body Pump®	Studio 1	Jamie	6:15	-	7:15 pm	Body Pump®	Studio 1	Jamie
10:30	-	11:30 am	Power Yoga	Studio 2	Jess						
12:30	-	1:15 pm	Strength and Balance	Studio 1	Diane O.						
5:05	6:05	pm	Yoga	Studio 2	Paula K.						
5:05	6:05	pm	Body Step®	Studio 1	Kjo						
6:30	7:15	pm	Spinning®	Studio 2	Barb						
Tuesday					Friday						
Time		Class		Instructor	Time		Class	Location	Instructor		
5:15	-	6:15 am	Total Strength	Studio 1	Paula	5:15	-	6:00 am	HIIT	Studio 1	Paula L.
8:00	-	9:00 am	Body Pump®	Studio 1	Amy B	6:00	-	6:15 am	Core	Studio 1	Paula L.
9:15	-	10:00 am	Spinning®	Studio 2	Moriah	6:30	-	7:15 am	Power Yoga	Studio 2	Jess
9:15	-	10:15 am	Bootcamp	Studio 1	Karyn	7:30	-	8:15 am	HIIT	Studio 1	Jess
10:30	-	11:30 am	Sculpt Yoga	Studio 1	Jess	7:50	-	8:50 am	Flow Yoga	Studio 2	Dana
4:15	-	5:00 pm	Tabata	Studio 1	Kami	8:30	-	9:00 am	TRX® (Registration Required)	TA Room	Kay
5:10	-	6:10 pm	Body Pump®	Studio 1	Amy M	9:00	-	10:00 am	Zumba™	Studio 1	Nanci
						10:15	-	10:35 am	Total Core	Studio 1	Kay
						10:35	-	11:20 am	Strength and Balance	Studio 1	Diane O.
						5:05	6:05	pm	Body Step®	Studio 1	Marcy
Wednesday					Saturday						
Time		Class		Instructor	Time		Class	Location	Instructor		
5:15	6:00	am	Spinning®	Studio 2	Diane K.	7:00	8:00	am	Spinning®	Studio 2	Bill
						8:15	9:15	am	Yoga	Studio 2	Paula K.
9:00	-	10:00 am	Zumba™	Studio 2	Nanci	8:00	-	9:00 am	Body Step®	Studio 1	Amy M
9:15	-	10:15 am	Barre Fusion(Registration Required)	Studio 1	Jess	9:15	-	10:15 am	Body Pump®	Studio 1	Amy M
10:30	-	11:30 am	Flow Yoga	Studio 1	Jess	9:30	-	10:30 am	Zumba™	Studio 2	Cherri
12:30	1:15	pm	Strength and Balance	Studio 1	Diane O.						
5:05	-	6:05 pm	Zumba™	Studio 1	Kelly						
5:45	-	6:45 pm	Flow Yoga	Studio 2	Heather						
6:15	-	7:15 pm	Body Step®	Studio 1	Amy M.						
Sunday											
Time		Class		Instructor	Time		Class	Location	Instructor		
1:30	-	2:30 pm	Body Step®	Studio 1	Marcy						

For more information please call: 715-381-0326

Riverfront Athletic Club schedules can be found  
at [www.rachudson.com](http://www.rachudson.com)

TRX Classes Fee: \$60 for 4 Sessions  
Barre Class Punch Cards \$80(members) for 8 visits  
Barre Class Punch Cards \$100(nonmembers) for 8 visits

Classes may fill up and registration is required. Minimum of 4 participants to run classes.

Please note: If sessions starts and there is still room available you may pay as a drop-in participant at \$20 per class.

- **Must be at least 15 to attend Classes**
- **Use of heart rate monitors recommended for classes**
- **Studio 1 - Main floor Studio 2 - Upstairs**
- **TA Room - Total Athlete Side**