

ROLLINGWOOD

ATHLETIC CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Camp (\$) - Fernanda (5:00 am)	Cycle - Kippy (5:45 am)	Strength Camp (\$) - Fernanda (5:00 am)	Cycle - Kippy (5:45 am)	Master's Swim - Steve (6:00 am)	Yoga - Kate (7:45 am)	Pilates Reformer (\$) - Fernanda (7:30 am)
Master's Swim - Steve (6:00 am)	Kettlebell - Bret (8:00 am)	Master's Swim - Steve (6:00 am)	Kettlebell - Bret (8:00 am)	Pilates Reformer (\$) - Fernanda (6:30 am)	Cycle/Sculpt - Phillip (8:45 am)	Strength/Tone - Affi (8:30 am)
HIT - Nick (7:00 am)	Pilates Mat - Sara (9:00 am)	HIT - Nick (7:00 am)	Cycle - Kippy (8:45 am)	HIT - Nick (7:00 am)	Aqua Blast Outdoors - Debbie (12:30 pm)	Yoga - Affi (9:30 am)
Yoga - Kate (7:45 am)	Pilates Reformer (\$) - Heather (9:30 am)	Pilates Reformer (\$) - Heather (7:00 am)	Pilates Mat - Sara (9:00 am)	Yoga - Kate (7:45 am)		
Body Blast - Affi (9:00 am)	Pilates Reformer (\$) - Fernanda (5:30 pm)	Yoga - Kate (7:45 am)	Pilates Reformer (\$) - Fernanda (9:30 am)	Body Blast - Kippy (9:00 am)		
TRX Outdoors - Fernanda (9:30 am)	Yoga - Kate (6:30 pm)	Pilates Reformer (\$) - Fernanda (8:15 am)	Aqua Blast - Karalynn (1:00 pm)	Body Circuit - Bret (9:30 am)		
Pilates Reformer (\$) - Melissa (9:30 am)		Stretch Core More - Lynn (9:00 am)	Yoga - Jeannette (6:30 pm)	Pilates Reformer (\$) - Heather (9:30 am)		
Pilates Reformer (\$) - Melissa (10:30 am)		TRX Outdoors - Heather (9:30 am)		Stretch Core More - Affi (10:30 am)		
Yoga - Kate (10:15am)		Pilates Reformer (\$) - Fernanda (9:30 am)		Chair Yoga - Jeannette (11:30 am)		
Perfect Balance - Toni (11:30 am)		Total Barre - Affi (10:15 am)		HIT - Bret (4:00 pm)		
HIT - Bret (4:30 pm)		Women's Total Workout (\$) - Heather (11:30 am)				
Aqua Blast Outdoors - Joilynn (5:30 pm)		Perfect Balance - Toni (11:30 am)				
Zumba - Affi (6:00 pm)		HIT - Bret (4:30 pm)			<i>Good Vibes!</i>	
Strength Camp (\$) - Bret (6:00 pm)		Aqua Blast Outdoors - Joilynn (5:30 pm)				
		Pilates HIT - Affi (6:00 pm)				

Must reserve your spot via member login

Contact Fitness Director (bret@rollingwoodclub.com) for more details!

View full class schedule within RAC app!