

ROLLINGWOOD

ATHLETIC CLUB

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	HIT - Nick (7:00 am)		HIT - Nick (7:00 am)		HIT - Nick (7:00 am)		
7:45 AM	Yoga - Kate (7:45 am)		Yoga - Michelle  ZOOM (7:45 am)		Yoga - Kate (7:45 am)		
8:00 AM		Kettlebell - Bret (8:15 am)		Kettlebell - Bret (8:15 am)		Yoga - Kate (8:00 am)	
8:30 AM		Cycle/Sculpt - Holly (8:45 am)		Cycle - Kippy (8:45 am)		Cycle/Sculpt - Phillip (8:45 am)	Strength/Tone - Affi ZOOM (8:30 am) 
9:00 AM	Body Blast - Affi (9:00 am)		Stretch Core More - Lynn (9:00 am)		Body Blast - Kippy (9:00 am)		
9:30 AM	TRX - Fernanda (9:30 am)	Pilates Mat - Sara (9:30 am)	TRX - Bret (9:30 am)	Pilates Mat - Sara (9:30 am)	Body Circuit - Bret (9:30 am)		Power Yoga - Affi ZOOM (9:30 am) 
10:00 AM					Yoga - Kate (10:00am)		
10:30 AM	Perfect Balance - Toni (10:30 am)		Perfect Balance - Toni (10:30 am)				
12:30 PM						Aqua Blast - Debbie (12:30 pm)	
1:00 PM				Aqua Blast - Karalynn (1:00 pm)			
4:00 PM	HIT - Bret (4:00 pm)		HIT - Bret (4:00 pm)			<i>Good Vibes!</i>	
5:30 PM	Aqua Blast - Joilynn (5:30 pm)	Core & More - Annie ZOOM (5:45 pm) 	Aqua Blast - Joilynn (5:30 pm)				
6:00 PM			Power Pilates - Kira (6:00 pm)	Yoga - Michelle  ZOOM (6:30 pm)			

Must reserve your spot in classes via member login. Limited availability.

Certain classes are weather permitting.

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

View the full RAC Class Schedule on the RAC App!