

RVAC Valley Group Fitness Schedule~ Summer 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:20-6:20am Spinning Marnie	5:30-6:30am Cardio Circuit Marnie	5:20-6:20am Spinning Paula L.	5:20-6:20am Spinning Marnie		
8:00-8:45am Water Aerobics Angelina	8:15-8:30am Just Abs Kim	8:00-8:45am Water Aerobics Jean		5:30-6:20am Sculpt/Strength Deb	8:00-9:00am PiYo Kris/Kim	8:00-9:00am Inter/Step Marnie
8:30-9:20am Step & Sculpt Sue	8:30-9:15am Cardio Sculpt Kim	8:30-9:15am Strength Yoga Fusion Christi	8:30-9:25am Sculpt/Strength Kim	8:30-9:10am Kick 'N Groove Christi	8:00-9:00am Spinning Heather	
8:30-9:25am MOVE Allyson	9:00am-9:55am Youth/Teen Training Allyson	8:30-9:25am MOVE Allyson	9:00am-9:55am Youth/Teen Training Allyson	8:30-9:30am Water Aerobics Lucinda	8:30-9:25am CUT Robbie	9:00-10:00am Spin Heather
9:15-10:00am Cycle Circuit Brenda	9:20-10:15am Sculpt &Strength Kerry	9:15-10:15am Cycle Circuit Brenda	8:45-9:35am Water Aerobics Angelina	9:15-10:00am Spinning Sue	8:30-9:30am WaterAerobics Jean/Lucinda/ Angelina	
9:20-10:15am Barre/Pilates Cherlyn		9:15-10:15am Pilates/Barre Cherlyn/Heather	9:30-10:15am HIIT Janine	9:10-10:00am Just Dance Denise	9:00-10:00am Inter/Step Sue/Deb D.	9:00-10:00am Cardio Sculpt Kim/Marnie/Allyson
9:30-10:25am CUT Allyson		9:30-10:25 CUT Allyson			9:30-10:30am MOVE Robbie	
8:50 -9:35am Power Water Sue		8:50-9:35am Power Water Sue			10:10-11:00am Kickboxing Sue/Janine	
10:15-11:15am Begin/Pilates Cherlyn	10:20-11:15am Inter. Pilates Cherlyn	10:15-11:00am Just Dance Kerry	10:15-11:15am Flow Yoga Adriane	10:15-11:15am Sculpt&Strength Sue		
	11:15-12:15 Flow Yoga Adriane					
4:00-4:55pm MOVE Allyson		4:00-4:55pm MOVE Allyson				
4:45-5:30pm Sculpt/Strength Susan G	4:30-5:30pm Zumba Denise	4:45-5:30pm Sculpt/Strength Deb				
5:00-6:00pm Spinning Kris		5:00-5:50pm Spinning Kris	5:00-5:45pm Cardio Circuit Kris			
5:00-5:55pm CUT Allyson		5:00-5:55pm CUT Allyson		Color Codes: Red - Spinning Blue - Water Aerobics Black - Group Fitness Green - Class Fee Applies Purple – Kids Class		
5:30-6:30pm Inter/Step Marnie						
6:00-7:00pm Water Aerobics Carly	6:00-7:00pm Vinyasa Flow Yoga Juli/Nicole	6:00-6:55pm Water Aerobics Susan/Angelina	6:00-7:00pm Barre/Core Heather			