

RMMC GROUP FITNESS/WELLNESS CLASSES

Starting Sept. 7, 2010

All classes 55 minutes unless otherwise stated

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	Cardio Sculpt* Jackie	Body Sculpt* Beth	Advanced Step* Jackie	Body Sculpt* Beth	Advanced Step* Kathryn	
7:00AM	Gentle Yoga Tara C1		Pilates Tara C1		Yin Yoga Tara C1	
8:00AM	Ball/Bosu X Debbie A.	Lower Body Tone X Debbie M	C.O.R.E. X Julie R.	Upper Body Tone X Debbie M		Yoga (8:10 AM) Anna C1&2
8:30AM	Power Step Debbie A.	Power Fit Debbie M	Kick & Step Julie R.	Power Fit Debbie M	Step/Cyle/Sculpt (SCS) Kathryn	Zumba (8:15am) Donna
8:30AM		Yoga Donna C1&2	Yoga-8:15am Traci C1&2	Yoga Donna C1&2	Pilates Jayne C1	
9:30AM	Back to Basics Alisa Gym	Hi/Low X Kathryn	Back to Basics Donna Gym	Hi/Low X Alisa	Back to Basics Kathryn Gym	Power Step (9:10AM) Debbie A.
9:30AM	Cardio Sculpt Donna		Cardio Sculpt Alisa		Cardio Sculpt Donna	Pilates (9:15am) Jen/Jayna/Kathryn C1&2
10:00AM		Body Sculpt Kathryn		Body Sculpt Alisa		Body Sculpt (10:15AM) Debbie M
10:30AM	Step 1 * Donna		Step 1 * Donna		Zumba* Donna	
11:00AM		Zumba* Donna		Zumba* Sue M.		
11:00AM		Yogalates Jayne C1		Yogalates Jayne C1	Restore-Renew Yoga (11:30am) Traci C1&2	
12:10PM	Zumba* Sue M.		Zumba* Barb K.			
Silver Sneakers Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM	Muscular Strength* Rhonda/Donna Gym		Muscular Strength* Rhonda/Beth Gym		Muscular Strength* Donna/Beth Gym	
11:00AM		Muscular Strength* Rhonda/Kathryn Gym		Muscular Strength* Rhonda/Alisa Gym		
11:20AM	Muscular Strength* Donna		Cardio Circuit* Donna		Muscular Strength* Jeanette	
12:00PM		YogaStretch* Rhonda		YogaStretch* Rhonda		

* = 45 MINUTE CLASS

X=30 MINUTE CLASS

[HTTP://WWW.REDMOUNTAINCENTER.COM](http://www.redmountaincenter.com)

INSTRUCTORS & CLASSES ARE SUBJECT TO CHANGE.

SHADED AREA YOGA/PILATES CLASSES.

MORE INFO: 480-644-4800

Revised 9/13/10