

RMMC GROUP FITNESS & WELLNESS CLASSES

Starting Feb. 22, 2012

(All classes run 55 minutes unless otherwise stated)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	Cardio Sculpt* Beth	Body Sculpt* (5:35 am) Beth	Step It Up* Kathryn	Body Sculpt* (5:35 am) Beth		
7:00AM	Gentle Yoga Tara C1		Pilates Tara C1		Gentle Yoga Tara C1	
8:00AM	Ball/Bosu X Julie R.	Upper Body Tone X Debbie M.	C.O.R.E. X Julie R.	Lower Body Tone X Debbie M.	C.O.R.E. X Julie R.	Yoga (8:10 am) Anna C1&2
8:30AM	Power Step Julie R.	Power Fit Debbie M.	Kick & Step Julie R.	Power Fit Debbie M.	Step/Cycle/Sculpt Julie R.	Zumba (8:15am) Donna Gym
8:30AM	Piloga Mark C3	Yoga Donna C1&2	Yoga Traci C1&2	Yoga Paul C1&2	Pilates Jayne C1	
9:30AM	Back to Basics Alisa Gym	Cardio Express X Kathryn	Back to Basics Debbie M. Gym	Cardio Express X Alisa	Back to Basics Barb Gym	Power Step (9:15 am) Debbie M.
9:30AM	Cardio Sculpt Debbie M.		Cardio Sculpt Alisa		Cardio Sculpt Donna	Pilates (9:15 am) C1&2 Jen/Jayna
10:00AM		Body Sculpt Kathryn		Body Sculpt Alisa		Body Sculpt (10:15 am) Debbie M.
10:30AM	Step 1 * Donna		Step 1 * Donna		Zumba* Donna	
11:00AM		Zumba* Donna		Zumba* Sue M.		
11:00AM	Restore-Renew Yoga (11:35am) Traci C1	Yogalates Jayne C1&2	Restore-Renew Yoga Traci C1	Yogalates Jayne C1&2	Restore-Renew Yoga (11:30 am) Traci C1&2	Zumba (11:30am) Sue M.
12:10PM	Zumba* Sue M.		Zumba* Barb K.			
1:00PM		Zumba* Sue M.		Zumba* Nereyda		
4:00PM	Kick Boxing * (4:15pm) Julie R.	Cycling (4:15pm) Beth				
5:00PM	Step/Cycle/Sculpt Julie R.	Sculpting & Abs Beth	Kick Boxing Julie R.	Sculpting & Abs Beth	Zumba Naomi	
5:00PM	Zumba Naomi MPR-BC	Pilates Jayna C1&2	Zumba Adam MPR-BC	Pilates Jayna C1&2		
6:00PM	Zumba Toning X Naomi MPR-BC	Zumba Sue M. MPR-AB	Zumba Toning X Adam MPR-BC	Zumba Sue M. MPR-AB	Power Yoga Paul C1&2	
6:00PM	Pilates Jennifer M. C1&2	Power Yoga Dorene C1&2	Cycling Julie R.	Power Yoga Dorene C1&2		
6:00PM	Dynamic Cardio Sculpt Deborah	Just Step Deborah	Pilates Jayne C1&2	Dynamic Cardio Sculpt Deborah		
7:00PM	Boot Camp* Deborah			Boot Camp* Deborah		
7:00PM	Yoga Paul C1&2		Yoga Paul C1&2			

SilverSneakers Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM	Muscular Strength* Rhonda/Beth 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* Kartar		Cardio Circuit* Donna		Muscular Strength* Jeanette	
12:00PM		YogaStretch* Rhonda		YogaStretch* Rhonda	YogaStretch* (12:15pm) Kartar	

* = 45 MINUTE CLASS

X = 30 MINUTE CLASS

www.RedMountainCenter.com

INSTRUCTORS & CLASSES ARE SUBJECT TO CHANGE

480-644-4800

SHADED AREAS INDICATE ZUMBA CLASSES

Revised 2/21/12

