

Fall 2018 Schedule

Fee for Debbie's Classes: \$10 Drop-In
 OR \$100.00 - 15 class punch card
 Effective: October 15th, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM	Tabata Sculpt (Debbie)		Circuit (Debbie)		Aerobic Sculpt (Debbie)
9:00AM	Total Body Sculpt (Debbie)	Yoga (Debbie) 	Total Body Sculpt (Debbie)	Yoga (Debbie) 	Total Body Sculpt (Debbie)
10:15AM		Men's FFG (Debbie)		Men's FFG (Debbie)	Gentle Yoga (Debbie) 
11:30AM	Zumba* (Valentina)		Zumba* (Valentina)		
12:30PM	Water Aerobics (Jon) \$10.00		Water Aerobics (Jon) \$10.00		
1:00PM				Line Dancing* (Annie)	
3:00PM	Stretch, Meditate, & Relax (Debbie) 				

*Pre-registration required - see RCC Desk for more information!