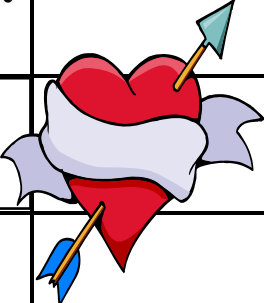



# Fitness at RHWC

try something new this month

30 days of Fitness!

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:45 AM		<b>Feel the Burn</b> Kristy Crow		<b>Feel the Burn</b> Kristy Crow		
8:00 AM		<b>Yoga</b> Sandy		<b>Yoga</b> Destiny	<b>Yoga</b> Ellen	
8:30 AM						
9:00 AM	<b>Cardio &amp; Sculpt</b> Kristy Crow		<b>Cardio &amp; Sculpt</b> Kristy Crow	<b>NEW! Cardio Kickbox</b> Suzanne.M	<b>Fitness Bonanza</b> Kristy Crow	<b>Yoga</b> Ellen P
9:30 AM						
12:00 PM			<b>Tai Chi</b> 45 MIN Dr. Chang			
1:00 PM	<b>Basic Fitball</b> 45 MIN Christy Woodward		<b>Basic Fitball</b> 45 MIN Christy Woodward			
4:30 PM	<b>Mat Pilates</b> 45 MIN Dawn Niemi	<b>Fit Challenge</b> 45 MIN Lisa M	<b>Mat Pilates</b> 45 MIN Dawn Niemi	<b>Fit Challenge</b> 45 MIN Lisa M		
5:30 PM	<b>Spin</b> 45 MIN Kristy Crow	<b>Yoga</b> 75 MIN Ellen P	<b>Spin</b> Suzanne Moen	<b>Spin</b> 45 Min Dee Roberts		
6:30 PM	<b>Yoga</b> 75 MIN Blythe Lehman		<b>Zumba</b> Marcelo Hingle	<b>Tai Chi</b> 45 MIN Dr. Chang		**All classes 1 hr unless indicated