

January 2021
Land

PRE-REGISTRATION REQUIRED FOR ALL CLASSES



Wellness Center

Hours:

MONDAY—Friday

5:15AM— 8PM

SATURDAY

7AM— 3PM

SUNDAY

10AM—3PM

Kidz Klub Hours:

Pre-Registration Required

Mornings

M- Fri 8:15am-1pm

Sat: 8:15-12 noon

Afternoons

M-Th: 4:15-7p

www.RMHWellnessCenter.com

Phone: 564-5682

Group Fitness Coordinator: 564-

5146

Fitness Manager: 564-5694

**All classes = 45
Minutes**

**Metabolic Meltdown 30
min**

**Located in the Group Ex
Studio or on the Court
See electronic schedule
for exact location**

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 12p/5:30p Met Meltdown+ (Rest wk) 6:00 BODYPUMP — Hilary 10:45Gentle Yoga —Carly 4:30 Cardio Step— Kathe	29 12p/5:30p Met Meltdown+ (Rest wk) 6:00 Wake Up & Ride — Farley 9:30 Gentle Yoga—Carly 11:35* Movement Matters — Cheryl 5:30 Pure Pilates —Kasey	30 8:30 Cardio Muscle Sol — Melissa 9:45 Pure Pilates — Kasey 10:45 Gentle Yoga — Chris 4:30 BODYPUMP—Farley 5:30 Zumba — Debbie	31 Hours: 7a—5p No CLASSES Happy New Year's Eve	January 1, 2021 Hours: 10a—5p No CLASSES Happy New Year!	2 7:15 Cycle & Stretch— Melissa 8:30 Yoga Flow - Melissa 9:30 Cardio
3	4 5:30a/12p/5:30p MM(wk 1) 6am BODYPUMP -Hilary 8:30 Cardio Muscle Sol -Nancy 9:45 Barre -Chriss 10:45 Gentle Yoga -Carly 4:30 Cardio Step -Kathe 5:30 Muscle Solution -Melissa	5 12p/5:30p Met Melt 6am Wake Up & Ride -Farley 8:30 Transform -Melissa 9:30 Gentle Yoga -Chriss 10:30 Fit Encore - Cheryl 11:35 Movement Matters - Mary 4:30 Kick & Sculpt -Heather 5:30 Pure Pilates -Alli	6 5:30a/12p/5:30p Met Melt 6am Sunrise Yoga - Nancy 8:30 Cardio Muscle Sol - Carly 9:45 Pure Pilates - Melissa 10:45 Gentle Yoga -Janine 4:30 BODYPUMP -Farley 5:30 Zumba Jackie	7 12p/5:30p Met Melt 6am Wake Up & Ride -Nancy 8:30 Yoga Flow - Janine 9:45 BODYPUMP - Krista 11:35 Movement Matters - Cheryl 4:30 Pure Pilates -Kasey 5:30 Step & Sculpt - Kathe	8 5:30a/12p Met Melt 6am Core Fusion - Hilary 8:30 Muscle Solution - Melissa 9:30 Yoga Flow - Sarah 10:45 Gentle Yoga- Rebecca	9 7:15 Cycle & Stretch -Lori 8:30 Yoga Flow - Lori 9:30 Barre - Jackie
10	11 5:30a/12p/5:30p MM(wk 2) 6am BODYPUMP - Hilary 8:30 Cardio Muscle Sol - Heather 9:45 Barre - JennaRose 10:45 Gentle Yoga - Chriss 4:30 Cardio Step - Jackie 5:30 Muscle Solution - Melissa	12 12p/5:30p Met Melt 6am Wake Up & Ride -Farley 8:30 Transform - Carly 9:30 Gentle Yoga - Sarah 10:30 Fit Encore -Cheryl 11:35 Movement Matters - Mary 4:30 Kick & Sculpt — Chriss 5:30 Pure Pilates — Kasey	13 5:30a/12p/5:30p Met Melt 6am Sunrise Yoga - Sarah 8:30 Cardio Muscle Sol - Carly 9:45 Pure Pilates - Melissa 10:45 Gentle Yoga -Janine 4:30 BODYPUMP - Chriss 5:30 Zumba -Angel	14 12p/5:30p Met Melt 6am Wake Up & Ride - Hilary 8:30 Yoga Flow - Janine 9:45 BODYPUMP - Krista 11:35 Movement Matters - Cheryl 4:30 Pure Pilates - Alli 5:30 Step & Sculpt - Kathe	15 5:30a/12p Met Melt 6am Core Fusion - Hilary 8:30 Muscle Solution - Melissa 9:30 Yoga Flow - Sarah 10:45 Gentle Yoga - Rebecca	16 7:15 Cycle & Stretch -Nancy 8:30 Yoga Flow - Nancy 9:30 Barre - Krista
17	18 5:30a/12p/5:30p MM(wk 3) 6am BODYPUMP - Hilary 8:30 Cardio Muscle Sol -Nancy 9:45 Barre - Krista 10:45 Gentle Yoga - Carly 4:30 Cardio Step - Kathe 5:30 Muscle Solution - Melissa	19 12p/5:30p Met Melt 6am Wake Up & Ride -Farley 8:30 Transform - Melissa 9:30 Gentle Yoga - Chriss 10:30 Fit Encore - Cheryl 11:35 Movement Matters - Mary 4:30 Kick & Sculpt - JennaRose 5:30 Pure Pilates - Alli	20 5:30a/12p/5:30p Met Melt 6am Sunrise Yoga - Nancy 8:30 Cardio Muscle Sol - Carly 9:45 Pure Pilates - Melissa 10:45 Gentle Yoga -Janine 4:30 BODYPUMP -Farley 5:30 Zumba -Debbie	21 12p/5:30p Met Melt 6am Wake Up & Ride -Hilary 8:30 Yoga Flow - Janine 9:45 BODYPUMP - Chriss 11:35 Movement Matters - Cheryl 4:30 Pure Pilates -Kasey 5:30 Step & Sculpt - Jackie	22 5:30a/12p Met Melt 6am Core Fusion- Hilary 8:30 Muscle Solution - Melissa 9:30 Yoga Flow -Sarah 10:45 Gentle Yoga - Rebecca	23 7:15 Cycle & Stretch -Lori 8:30 Yoga Flow -Lori 9:30 Barre - Jackie
24	25 5:30a/12p/5:30p MM (wk 4) 6am BODYPUMP -Farley 8:30 Cardio Muscle Sol - Chriss 9:45 Barre - JennaRose 10:45 Gentle Yoga - Chriss 4:30 Cardio Step - Kathe 5:30 Muscle Solution - Melissa	26 12p/5:30p Met Melt 6am Wake Up & Ride -Farley 8:30 Transform -Carly 9:30 Gentle Yoga -Sarah 10:30 Fit Encore- Cheryl 11:35 Movement Matters - Mary 4:30 Kick & Sculpt - Melissa 5:30 Pure Pilates - Kasey	27 5:30a/12p/5:30p Met Melt 6am Sunrise Yoga - Sarah 8:30 Cardio Muscle Sol - Carly 9:45 Pure Pilates -Melissa 10:45 Gentle Yoga - Janine 4:30 BODYPUMP - Chriss 5:30 Zumba - Angel	28 12p/5:30p Met Melt 6am Wake Up & Ride -Nancy 8:30 Yoga Flow - Janine 9:45 BODYPUMP - Krista 11:35 Movement Matters - Cheryl 4:30 Pure Pilates - Alli 5:30 Step & Sculpt -Kathe	29 5:30a/12p Met Melt 6am Core Fusion - Farley 8:30 Muscle Solution - Melissa 9:30 Yoga Flow - Sarah 10:45 Gentle Yoga - Rebecca	30 7:15 Cycle & Stretch - Nancy 8:30 Yoga Flow - Nancy 9:30 Barre - Chriss