

Group Fitness Class & Personal Training Schedule



1001 E Strother Ave
 Seminole, OK 74868
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www.reynoldswellness.net



-MONTHLY-

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ST = Studio WR = Weight Rm UP = Upstairs MR = Mtg Rooms ABC						
	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	
		8:15-9:00am VIDEO YOGA		8:15-9:00am VIDEO YOGA		
	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-10:00am R.I.P.E.D. Lisa (MR) 1st & 3rd Saturdays beg. Oct. 21st
						10:00-10:55am ZUMBA Karina (Gym)
↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑ ↓↓ EVENING ↓↓
		5:30-6:30pm VIDEO YOGA		5:30-6:30pm VIDEO YOGA		
	6:00-7:00pm BEGINNER STRENGTH TRAINING Charlotte (WR) 6:00-7:00pm R.I.P.E.D. Lisa (MR/ST)	6:00-6:30pm FREE ABS CLASS w/ KAISEN! Kaisen (ST)	6:30-7:30pm R.I.P.E.D. Lisa (MR/ST)			
	7:00-7:55pm ZUMBA Karina (MR/Gym)			7:00-7:55pm ZUMBA Karina (MR/Gym)		

Please follow us on Facebook for Class Cancellations/Changes at www.facebook.com/rwcseminole

Schedule is subject to change without notice and based upon class participation.

Regular Group Fitness Classes FREE with Membership, \$4/Class without Membership.

Child Watch available Mon-Fri 8-10am & 4-8pm. \$1 for 1 hr, \$2 for 1.5 hr (max time allowed).

Contact the Front Desk for further info/details.

NOW SEEKING A YOGA INSTRUCTOR! Contact Michele McNaughton at (405) 220-4207 or rwcdirector@yahoo.com to apply.

Try our TOTALLY FREE ABDONIMALS CLASS w/ Personal Trainer, Kaisen Presley, Tuesday evenings 6:00-6:30 pm—No Membership Required—Bring your Friends for FREE!