

Group Fitness Class & Personal Training Schedule



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-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		
						10:00-10:55am ZUMBA Karina (Gym)
↑↑ MORNING ↑↑	↑↑ MORNING ↑↑	↑↑ MORNING ↑↑	↑↑ MORNING ↑↑	↑↑ MORNING ↑↑	↑↑ MORNING ↑↑	↑↑ MORNING ↑↑
↓↓ EVENING ↓↓	12:00p-12:45p VIDEO ZUMBA ↓↓ EVENING ↓↓	↓↓ EVENING ↓↓	12:00p-12:45p VIDEO ZUMBA ↓↓ EVENING ↓↓	↓↓ EVENING ↓↓	↓↓ EVENING ↓↓	↓↓ EVENING ↓↓
		5:30-6:30pm VIDEO YOGA		5:30-6:30pm VIDEO YOGA		
	6:00-7:00pm STRENGTH TRAINING AT YOUR LEVEL Charlotte (WR)	6:00-7:00pm R.I.P.P.E.D. Lisa (MR/ST)	6:00-7:00pm R.I.P.P.E.D. Lisa (MR/ST)	6:00-7:00pm R.I.P.P.E.D. Lisa (MR)		
	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 updated as of August 1, 2018)

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) -

Current Specials—FREE CHILD WATCH for a YEAR with purchase of ANNUAL MEMBERSHIP!

++ 5 MONTHS for the price of 4 and \$5 DAY PASS SPECIALS CONTINUED through August!

Contact the Front Desk for further info/details.

NOW SEEKING A YOGA INSTRUCTOR! Contact the Executive Director at (405) 220-4207 or

rwcdirector@yahoo.com to apply.