

Beginning Tuesday  
September 3rd, 2019

Classes end on Friday  
December 6th, 2019

Visit website for class  
cancellations and updates



# FALL 2019 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE FLOW YOGA 12-1PM Studio 1	INDOOR CYCLING 11:30-12:30PM Studio 2	HATHA VINYASA YOGA 3-4PM Studio 1 <i>Begins 9/9</i>	BODYSHRED 11:30-12:30PM Studio 1	INDOOR CYCLING 1-2PM Studio 2 <i>No Class 9/27</i>
BODYSHRED 11:30-12:30PM Studio 2	SHAMANIC HEALING JOURNEY 3-4PM Studio 1	ZUMBA 4:30-5:30PM Studio 2	GENTLE FLOW YOGA 5-6PM Studio 2	GENTLE FLOW YOGA 2-3PM Studio 1
HATHA VINYASA YOGA 3-4PM Studio 1 <i>Begins 9/9</i>			VINYASA FLOW YOGA 2-3PM Studio 1	
ZUMBA 4:30-5:30PM Studio 2			REST & RESTORE YOGA 3:30-4:30PM Studio 1	

[WWW.RRCC.EDU/SRC/GROUP-FITNESS](http://WWW.RRCC.EDU/SRC/GROUP-FITNESS)