

<b>TRFC Class Schedule effective June 26</b>							
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6am</b>		BC Renee Starnes	Cardio Dance - Jen	BC Renee Starnes			
<b>7am</b>	MetCon - Laurie		MetCon - Laurie		MetCon - Laurie		
<b>8am</b>	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Step - Laurie	Cardio Dance - Jen
<b>9am</b>	Posture-Roxanne	Step - Laurie	Posture-Roxanne	Step - Laurie	Posture-Roxanne	BC - Laurie	Cardio Cond - Jen
<b>10:15am</b>		Cardio D - Kotomi	BC - Laurie	Cardio D - Kotomi		Zumba-Renee Starnes	BC - Laura
<b>4pm</b>	Ab Class - Larry	Posture - Renee	Ab Class- Larry	Posture - Nancee	Ab Class - Larry		
<b>5pm</b>	Posture - Nancee						
<b>6pm</b>	Sports C- Heather		Sports C- Heather				
<b>6:45pm</b>			Zumba - Renee				

**Water Aerobics**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>7am</b>	Teri		Teri		Heather		
<b>8am</b>	Teri		Teri		Lily	Laura	

If you have a Silver Sneaker, Renew Active, or Silver & Fit membership, you must upgrade to a Fitness Membership to take any of these classes.