

## TRFC Class Schedule - September 2022

### In the Main Group Ex Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Step - Katy	BC - Renee Starnes	Zumba-Deanna	BC - Katy	Step - Katy		
7am	MetCon - Laurie		MetCon - Deanna		MetCon - Laurie		
8am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture - Renee	Posture- Sarah	Step - Laurie	8:15 Cardio Dance-Jen
9am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture - Renee	Posture - Sarah	BC - Laurie	9:15 Cardio Cond- Jen
10am	BC-Renee Starnes	Cardio D - Kotomi	BC-Renee Starnes	Cardio D - Kotomi	BC-Renee Starnes	10:15 Zumba- Renee	
11am	Zumba - Deanna				Zumba - Deanna		
12 noon							Yoga - Alison
2pm						TKD - Tiny Tigers	
3pm						TKD - Kicking Kids	TKD - Kicking Kids
4pm	Ab Class - Larry	Posture - Nancee	Ab Class - Larry	Posture - Nancee		TKD - Adults	TKD - Adults
5pm						TKD - Black Belts	
5:45pm	Sports C - Heather		Sports C - Heather	530 Yoga-Marianne			
6:30pm			Zumba - Renee				
7:00pm		TKD - Adults		TKD - Adults			

### Yoga Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio - Katy	9 am TRX - Renee	
9:30am	Silver Strength - Katy		Silver Strength -Katy		Silver Strength- Katy		
10:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio - Katy		
5:30pm	Yoga - Marianne			TKD - Tigers/Kids			

### Water Aerobics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Heather		Heather		Heather	Laura	Katy
9:00am	Heather		Heather		Heather		
5:30pm		Laura		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. Please contact the class instructor to reserve your spot in the class.

#### KEY:

BC - Body Conditioning

Cardio D - Cardio Dance

MetCon - Metabolic Conditioning

Silver - Silver & Fit/ Silver Sneakers

Sports C - Sports Conditioning

TKD - Tae Kwon Do (extra fee)

TRX - Suspension Training