

TRFC Class Schedule - March 2023

In the Main Group Ex Room							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Step - Katy	BC - Renee Starnes		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	SHINE - Renee	
11am	Zumba - Deanna	Yoga - Ellen		PiYo - Deanna			
12 noon							Yoga - Alison
2pm						TKD - Tiny Tigers	
3pm						TKD - Kicking Kids	TKD - Kicking Kids
4pm	Ab Class - Larry	Posture - Liz	Ab Class - Larry	Posture - Liz		TKD - Adults	TKD - Adults
5pm						TKD - Black Belts	
5:45pm	Sports C - Heather		Sports C - Heather	530 Yoga-Marianne			
6:30pm			SHINE - 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		9:45 Zumba Gold-Katy
10:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio - Katy		
11:30am	Silver Strength - Katy		Zumba Gold - Katy		Silver Strength- Katy		
5:30pm	Yoga - Marianne			5pm TKD-Tigers/Kids			

Water Aerobics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Heather		Heather		Heather		
8:30am						Laura	Katy
9:00am	Heather		Heather		Heather		

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.

KEY:

BC - Body Conditioning

Cardio D - Cardio Dance

MetCon - Metabolic Conditioning

PiYo - Pilates with Yoga

Silver - Silver & Fit/ Silver Sneakers

Sports C - Sports Conditioning

TKD - Tae Kwon Do (extra fee)

TRX - Suspension Training