

## TRFC Class Schedule - April 2024

In the Main Group Ex Room							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Step - Katy	BC - Renee Starnes	Beg Step - Katy	BC - Katy	Step - Katy		
7am	BC - Laurie		BC - Deanna		BC - Kelsea		
8am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture - Renee	Posture- Sarah	Step - Laurie	8:15 Cardio Dan-Deanna
9am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture - Renee	Posture - Sarah	BC - Laurie	9:15 Cardio Cond- Alt
10am	BC-Renee Starnes	Cardio Dance-Kotomi	BC-Renee Starnes	Cardio Dance-Kotomi	BC-Renee Starnes	Cardio Dance-Renee	10:15 Zumba Gold-Katy
11am	Zumba - Deanna	Barre - Melissa		PiYo - Deanna		11:15 Adv Posture	
11:30am			Zumba Gold - Katy			Roxanne/ Sarah	
12 noon						12:15 LineDance-Lexi	Yoga - Annette
1pm							
2pm						TKD - Tiny Tigers	
3pm						TKD - Kicking Kids	TKD - Kicking Kids
4pm	Ab Class - Larry	Posture - Nancee	Ab Class - Larry	Posture - Nancee	Ab Class - Larry	TKD - Adults	TKD - Adults
5:30pm		Cardio Dance-Deanna		Yoga - Annette		TKD - Black Belts	
5:45pm	Sports C - Heather		Sports C - Heather				
6:30pm			Cardio Dance-Renee				
7:00pm		TKD - Adults		TKD - Adults			
Small Group Ex Room							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio - Katy	8:45 am TRX - Renee	
9:00am	Yoga-Sunanda ct 10	Yoga - Elise	Yoga-Sunanda ct 10	Yoga - Elise			
9:30am	Silver Strength - Katy		Silver Strength -Katy		Silver Strength- Katy		
10:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio - Katy		
11:00am							
11:30am	Silver Strength - Katy				Silver Strength- Katy		
4:30pm	4:15 Pilates-Roxanne		Pilates - Roxanne				
5:30pm	Yoga - Annette			5pm TKD-Tigers/Kids			
Water Aerobics - Main Pool							
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 classes that are not Silver.

### KEY:

Barre - Ballet, Pilates, yoga fusion

BC - Body Conditioning

Cardio D - Cardio Dance

PiYo - Pilates with Yoga

Silver - Silver & Fit/ Silver Sneakers

Sports C - Sports Conditioning

TKD - Tae Kwon Do (extra fee)

TRX - Suspension Training

