

## TRFC Summer Class Schedule - June & July 2024

| In the Main Group Ex Room          |                        |                     |                       |                     |                       |                       |                        |
|------------------------------------|------------------------|---------------------|-----------------------|---------------------|-----------------------|-----------------------|------------------------|
| Time                               | Monday                 | Tuesday             | Wednesday             | Thursday            | Friday                | Saturday              | Sunday                 |
| 6am                                | Step - Katy            |                     | 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  |
| 11:15am                            |                        |                     |                       |                     |                       | Line Dance-Lexi       |                        |
| 12 noon                            |                        |                     |                       |                     |                       | 12:15 Posture - Delle | 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, court 8 or 10 |                        |                     |                       |                     |                       |                       |                        |
| 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 8      | Yoga - Elise ct 10  | Yoga-Sunanda ct 8     | Yoga - Elise ct 10  |                       |                       |                        |
| 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 |                     | Zumba Gold - Katy     |                     | Silver Strength- Katy |                       |                        |
| 4:30pm                             | Pilates-Roxanne ct 10  |                     | Pilates-Roxanne ct 10 |                     |                       |                       |                        |
| 5:30pm                             | Yoga - Annette         |                     |                       | 5pm TKD-Tigers/Kids |                       |                       |                        |
| Water Aerobics - Main Pool         |                        |                     |                       |                     |                       |                       |                        |
| Time                               | Monday                 | Tuesday             | Wednesday             | Thursday            | Friday                | Saturday              | Sunday                 |
| 7:00am                             | Heather                |                     | Heather               |                     | Heather               |                       |                        |
| 8:00am                             | Heather                |                     | Heather               |                     | Heather               | Susie/ Laura          | Katy                   |
| 5:30pm                             |                        | Susie/ Laura        |                       | Susie/ Laura        |                       |                       |                        |

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

