

## TRFC Class Schedule - October 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 Zumba-Deanna
9am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture - Renee	Posture - Sarah	BC - Laurie	9:15 Cardio Con-Andrew
10am	BC-Renee Starnes	CardioDance-Kotomi	BC-Renee Starnes	CardioDance-Kotomi	BC-Renee Starnes	CardioDance-Renee	10:15 Zumba Gold-Katy
11am	Zumba - Venus	Barre - Deanna	11:30 ZumbaGold Katy	PiYo - Deanna		11:15 Line Dance-Lexi	
12 noon							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 D-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 or court 10

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio -Katy		
9:00am	Yoga-Sunanda ct10	Yoga - Elise	Yoga-Sunanda ct 10	Yoga - Elise		TRX - Renee	
9:30am	Silver Strength-Katy		Silver Strength -Katy		Silver Strength-Katy		
10:30am	Silver Cardio -Katy		Silver Cardio - Katy		Silver Cardio -Katy		
11:30am	Silver Strength-Katy				Silver Strength-Katy		
4:30pm	4:15 Pilates-Roxanne		Pilates-Roxanne				
5:30pm	Yoga - Annette	Yoga - Marianne		5pm TKD-Tigers/Kids	Yoga - Marianne		

### Water Aerobics - Main Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Heather		Heather		Heather	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