

**TRFC Class Schedule Summer 2026**

**June 22 - July 31**



<b>In the Main Group Ex Room</b>							
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6am	Step - Katy		Beg Step - Katy	BC - Katy	Step - Katy		
7am	BC - Laurie		BC - Louise		BC - Grace		
8am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture- Renee	Posture- Delle	Adv Step - Laurie	Zumba-Deanna
9am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture- Renee	Posture - Delle	BC - Laurie	9:15 Cardio Con-Louise
10am	BC-Renee Starnes	Cardio D-Kotomi	BC-Renee Starnes	Cardio D-Kotomi	BC-Renee Starnes	CardioDance-Renee	10:15 Zumba Gold-Katy
11am	Camp	Camp	Camp	Camp	Camp		
12 noon	Zumba - Venus	Barre - Violet		PiYo Violet * strts	July 2		Yoga - Annette
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							
5:30pm		Line Dance - Emma		Yoga - Annette		TKD - Black Belts	
5:45pm	Sports C - Heather		Sports C - Heather				
6:30pm			Cardio D-Renee Starnes				
7:00pm		TKD - Adults		TKD - Adults			

<b>Small Group Ex Room or court 10/8</b>							
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
8:30am	Silver Cardio - Katy		Silver Cardio - Katy		Silver Cardio -Katy		
9:00am		Yoga - Elise ct 10		Yoga - Elise ct 10		TRX - Renee Starnes	
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		11:20 Zumba Gold		Silver Strength-Katy		
4:30pm	Pilates-Liz		Pilates-Roxanne				
5pm		Gentle Yoga		5 pm TKD Tigers	Gentle Yoga		
5:30pm	Yoga - Annette	Marianne		Kicking Kids	Marianne		

<b>Water Aerobics - Main Pool</b>							
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
7:00am	Heather		Heather		Heather		
8:00am	Heather		Heather		Heather	Laura/ Susie	Katy
5:30 PM		Amantha		Amantha			

**If you have a Silver Sneaker, Renew Active, or Silver & Fit membership, you must upgrade to a Fitness Membership to take regular classes**

<b>Key:</b>	Barre - Ballet, Pilates, yoga fusion	PiYo - Pilates with Yoga	TKD - Tae Kwon Do (extra fee)
	BC - Body Conditioning	Silver - Silver & Fit/ Silver Sneakers	TRX - Suspension Training
	Cardio D - Cardio Dance	Sports C - Sports Conditioning	