TRFC Class Schedule November 2026



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 - Louise		BC - Heather		
8am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture- Renee	Posture- Sarah	Adv Step - Laurie	Zumba-Deanna
9am	Posture-Roxanne	Posture - Renee	Posture-Roxanne	Posture- Renee	Posture - Sarah	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 -
11am	Zumba - Venus	Barre - Violet	11:20 Zumba Gold -	PiYo - Deanna			Katy
12 noon			Katy				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					Gentle Yoga -		
5:30pm		Line Dance - Emma		Gentle Yoga -	Marrianne	TKD - Black Belts	
5:45pm	Sports C - Heather		Sports C - Heather	Violet			
6:30pm			Cardio D-Renee Starnes				
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 - 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				Silver Strength-Katy		
4:30pm	Pilates-Liz		Pilates-Roxanne				
5pm		Gentle Yoga -		5 pm TKD Tigers			
5:30pm		Marianne		Kicking 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 regular classes

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