



MAY 2018 Fitness Schedule

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WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	BODYPUMP (A) Angela	Cycling (D) Shauna	BODYPUMP (A) Angela	Cycling (D) Shauna	BODYPUMP (A) Angela		
6:30	Zumba (A) Nicole *		Zumba (A) Nicole *		Zumba (A) Nicole *		
9:00	HIIT (B/C) Tami	TRX (B/C) Tami	HIIT (B/C) Tami Zumba (A) Ashley *	TRX (B/C) Tami			
9:15						Cycling (D) Gwen	
9:30	Cycling (D) Sarah		Cycling (D) Sarah		Cycling (D) Sarah	Zumba (A) Ashley *	
10:00	Zumba (A) June *	Yoga (B) Tami	Piyo (A) June *	Yoga (B) Tami			
10:30						Yoga (D) Luz STRONG (A) Gwen	
12:00	BODYPUMP (A) Dalicia	Zumba (A) Daphne * 2BeFit (B) Cristina	BODYPUMP (A) Dalicia	Zumba (A) Daphne * 2BeFit (B) Cristina	BODYPUMP (A) Dalicia		
13:00					Zumba (A) Ashley *		
13:30	MIXXEDFIT (A) Carisa *		MIXXEDFIT (A) Carisa *				
15:30							MIXXEDFIT (A) Carisa *
16:30							Body by Rissa (A) Carisa
17:00	BODYPUMP (A) Eddie	Insanity (A) Cristina PiYO (B) June *	BODYPUMP (A) Eddie	Body by Rissa (A) Carisa	MIXXEDFIT (A) Carisa *		
17:30	Core De Force (B) Cristina	Cycling (D) Danae		Cycling (D) Danae			
18:00	Yoga (D) Luz Zumba (A) Ashley *	MIXXEDFIT (A) Carisa *	Yoga (D) Luz Zumba (A) Ashley *	Insanity (B) Cristina BODYPUMP (A) June	Body by Rissa (A) Carisa		
18:30		Core (D) Danae		Core (D) Danae			
19:00		BODYPUMP (A) June		Zumba (A) June *			

KING FIELD HOUSE (BLDG 202 Custer Dr)

SATURDAY

8:15	BODYPUMP (FFA) Eddie
9:30	Cycling (FFA) Danae
10:30	Zumba (FFA) June

Memorial Day Weekend: Classes that start before 0900 or end after 1800 will not be held on 25/28 May due to Memorial Day holiday schedule.

*******We will have classes on Memorial Day.*******

**NEW!
KING
FIELD
HOUSE**

Child Friendly
Classes –
Participants
may bring
their children
to all classes
annotated
with an
asterisk*.
Children 12
and under
may attend
for free.
Parents are
responsible
for
supervising
their children.

Noon classes
are 45
minutes, all
other classes
are 1 hour
unless
otherwise
noted.