



# AUGUST 2018 FITNESS SCHEDULE

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**NEW INSTRUCTOR**  
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Please help us welcome Marci to the Fitness Family! She is a Group Instructor/ Personal Trainer.

**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.

## WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	<b>BODYPUMP (A)</b>		<b>BODYPUMP (A)</b>		<b>BODYPUMP (A)</b>		
5:30		Cycling (D)		Cycling (D)			
9:00	BUTTS&GUTS (A)	TRX (B/C)	POUND (A)	HIIT (B/C)	PIYO (A)**		
9:30						Zumba (A)**	
10:00	Cycling (D) Zumba (A)**	Yoga (B)	Cycling (D) PIYO(A)**	Yoga (B)	Cycling (D)		
10:30						Yoga (D) STRONG (A)	
12:00	<b>BODYPUMP (A)</b>	Zumba (A)** Cycling (D)	<b>BODYPUMP (A)</b>	Zumba (A)** Cycling (D)	<b>BODYPUMP (A)</b>		
13:30	MIXXEDFIT (A)**		MIXXEDFIT (A)**		MIXXEDFIT (A)**		
15:30							MIXXEDFIT (A)**
16:30							Body by Rissa (A)
17:00	<b>BODYPUMP (A)</b>	Body by Rissa (A)	<b>BODYPUMP (A)</b>	Body by Rissa (A)	MIXXEDFIT (A)**		
18:00	Yoga (D) Zumba (A)**	MIXXEDFIT (A)**	Yoga (D) Zumba (A)**	MIXXEDFIT (A)**	Body by Rissa (A)		
19:00		<b>BODYPUMP (A)</b>		<b>BODYPUMP (A)</b>			

## KING FIELD HOUSE (202 Custer Dr)

### SATURDAY

8:15	<b>BODYPUMP (FFA)</b>
9:30	Cycling (FFA)
10:30	Zumba (FFA)

August Training Holidays are 11-14 AUG (SAT-TUE)

We will have classes on these days that start 0900 and end by 1800.

MIXXEDFIT & Body By Rissa will start back on 10AUG as scheduled!

NO TRX/HIIT/Yoga (TUES-THUR) 7AUG & 9AUG. Will resume as scheduled on 14AUG!