



June 2017 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0515	Body Pump (A) Angela	3-2-1 (A) Carrie	Body Pump (A) Angela	3-2-1 (A) Carrie	Body Pump (A) Angela	
0630	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
0900		Zumba (A) Ashley ❤️				09:15 Body Pump(A) Nikki 09:15 Yoga (D) Luz 09:30 Zumba (gym) June ❤️
1000		Body Pump (A) Dalicia		Body Pump (A) Dalicia		10:30 Strong by Zumba HIIT (A) June 10:30 Cycling (D) Danae
1100	Insanity! (A) Cristina		11:00 Cize "Dance Fitness" (A) Cristina ❤️	Zumba (A) June ❤️		
1200	Body Pump (A) Dalicia	Yoga (D) Jimi Insanity (A) Cristina	Body Pump (A) Dalicia	Yoga (D) Jimi Insanity (A) Cristina		
1300			Zumba (A) Ashley ❤️		Zumba (A) Ashley ❤️	
1630		Zumba (A) June ❤️				
1700	Body Pump (A) Nikki		Body Pump (A) Nikki	PIYO (A) June	Body Pump (A) Nikki	
1730		Cycling (D) Danae WERQ (Dance Fitness) (A) June ❤️		Cycling (D) Danae		
1800	Yoga (D) Luz Zumba (A) Ashley ❤️		Yoga (D) Luz Zumba (A) Ashley ❤️	Strong by Zumba HIIT (A) June	Zumba (A) June ❤️	
1830		Core (D) Danae Insanity (A) Cristina		Core (D) Danae		

- Training holidays are 9 and 12 June. Whitside will be open from 8AM to 6PM. All classes scheduled during operating hours will be conducted.

Check Our Fort Riley Fitness on Facebook

WWW.FACEBOOK.COM/RILEYFITNESS

Or call 239-2583 for INFO

- Child friendly classes - these are adult classes that allow children of all ages to participate while supervised by parent. Call for more details. ❤️

- Noon classes are 30 minute sessions

- 1700 New U and 1600 Fit 4 Life sessions are limited to 8 participants.