



June 2018 Fitness Schedule

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*Les Mills
 BODY
 PUMP
 Initial
 Training is
 28-29
 July. Call
 for more
 info.

*Free
 Zumba
 event is
 16 June
 0930-
 1130 at
 Whitside

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	BODYPUMP (A) Angela		BODYPUMP (A) Angela		BODYPUMP (A) Angela		
9:00		TRX (B/C) Tami	Zumba (A) Ashley *	HIIT (B/C) Tami			
9:15						Cycling (D) Gwen	
10:00	Cycling (D) Sarah Zumba (A) June *	Yoga (B) Tami	Cycling (D) Sarah Piyo (A) June *	Yoga (B) Tami	Cycling (D) Sarah	Zumba (A) Ashley *	
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	BODYPUMP (A) Eddie	Body by Rissa (A) Carisa	MIXXEDFIT (A) Carisa *		
17:30	Core De Force (B) Cristina						
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		
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) Eddie
10:30	Zumba (FFA) June

June training holidays are 14-15 June. We will have classes both days that start 0900 and end by 1800.

Luz will not be teaching her evening classes from 1-14 June.
 Tami will be subbing her Saturday classes until she returns.