

Ab Attack: 30 minutes of core exercise designed to increase strength and tone of your mid-section. Do some crunches during your lunch break on Wednesday & Friday!

Cosmic Cycling: Strap in and let's spin! This 1 hour stationary bike cycling class is sure to spin those calories out. Listening to upbeat music in a room full of black lights, you will truly get a unique vibe while you work out in this "Cosmic Class." All abilities are welcome.

Aerobics: It will only take 1 hour out of your day to get a great cardio workout. Enjoy yourself while you work it out and tone it up in aerobics! Beginners are welcome.

Pilates: Don't let this low-impact class fool you. You will increase muscle flexibility, balance, strength, and tone. Give it a shot, you won't regret it!

Yoga: This class offers wonderful health benefits. Calm your mind and reduce your anxiety while increasing balance, strength and flexibility. Applies to all ages and abilities.

Fitness, Friends and Fun: You never have to grow old. Current participants range in age from 55-96. These folks are staying healthy and having fun in the process. Seniors are welcome!

TurboKick: New and exclusive to RCC. This class will work muscles you never even knew you had while burning a ton of calories. It's like kickboxing with a Kick!

CHISEL: NEW!!! 30 minute class designed to tone and/or build muscle, increase strength and metabolism, and help you feel better about yourself!

Teen Cosmic: Cycling: NEW!!! This Cosmic Cycling class targets ages 12 and up and is a fun way to get in shape! Come try it!

Mondays

5:30am-6:30am
9:00am-10:00am
12:15pm-1:00pm
6:00pm-7:00pm

Tuesdays

5:30am-6:30am
9:00am-10:00am
6:30pm-7:30pm

Wednesday

5:30am-6:30am
9:00am-10:00am
6:00pm-7:00pm

Thursday

5:30am-6:30am
9:00am-10:00am
12:15pm-1:00pm
6:30pm-7:30pm

Friday

5:30am-6:30am
10:15am-11:00am
5:30pm-6:30pm

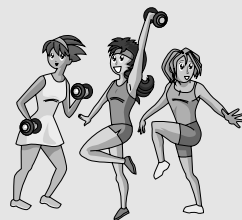
Saturday

9:00am-10:00am

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Monday



5:30AM-6:30AM
5:30AM-6:30AM
9:00AM-10:00AM
9:00AM-10:00AM
9:30AM-10:30AM
12:15PM-1:00PM
12:15PM-1:00PM
5:30PM-6:30PM
6:00PM-7:00PM

Turbo Kick
Cycling
Cycling
Turbo Kick
Fitness, Friends & Fun
Pilates
Cycling
Aerobics
Cycling

Tuesday



5:30AM-6:30AM
5:30AM-6:30AM
8:30AM-9:30AM
9:00AM-10:00AM
10:00AM-11:00AM
12:15PM-1:00PM
4:00PM-5:00PM
5:30PM-6:30PM
6:00PM-7:00PM
6:30PM-7:30PM
7:00PM-8:45PM

Yoga
Cycling
Pilates
Cycling
Yoga
Stability Ball
Teen Cycling (AGE 12+)
Aerobics
Pilates
Cycling
Karate

Wednesday



5:30AM-6:30AM
5:30AM-6:30AM
9:00AM-10:00AM
9:00AM-10:00AM
10:15AM-10:45AM
9:30AM-10:30AM
12:15PM-12:45PM
5:30PM-6:30PM
6:00PM-7:00PM

Turbo Kick
Cycling
Cycling
Aerobics
CHISEL
Fitness, Friends, & Fun
Ab Attack
Aerobics
Cycling

Thursday



5:30AM-6:30AM
5:30AM-6:30AM
8:30AM-9:30AM
9:00AM-10:00AM
10:00AM-11:00AM
12:15PM-1:00PM
12:15PM-1:00PM
5:15PM-6:15PM
6:00PM-7:00PM
6:30PM-7:30PM
6:30PM-7:30PM
7:00PM-8:45PM

Yoga
Cycling
Pilates
Cycling
Yoga
Stability Ball
Cycling
Turbo Kick
Pilates
Cycling
Yoga
Karate

Friday

Get Fit!

5:30AM-6:30AM
5:30AM-6:30AM
9:00AM-10:00AM
10:00AM-11:00AM
10:15AM-11:00AM
12:15PM-12:45PM
5:30PM-6:30PM
5:30PM-6:30PM

Turbo Kick
Cycling
Aerobics
Yoga
Cycling
Ab Attack
Aerobics
Cycling

Saturday

8:00AM-8:30AM
8:30AM-9:30AM
9:00AM-10:00AM

CHISEL
Turbo Kick
Cycling