



# Live & Virtual Class Schedule

**Effective August 1–September 1, 2022**

Virtual classes are available only while participating in-club and in the designated studio.  
 Classes are projected onto a large screen automatically at designated times with top Les Mills International Presenters.

(Please note: Substitutions/Cancellations may occur due to unforeseen emergencies.)

Mon	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun
5:20am <b>Spin</b> MC -45 mins.	5:30am <b>BP Mini</b> Virtual -30 mins.	5:20am <b>Spin</b> MC -45 mins.	5:20am <b>BP Express</b> MC -45 mins.	5:20am <b>Sprint</b> Virtual -30 mins.		
6:10am <b>Les Mills Core</b> MC - 30 mins.	6:00am <b>Les Mills Core</b> Virtual - 45 mins.	6:10am <b>Les Mills Core</b> MC - 30 mins	6:10am <b>Les Mills Core</b> MC - 30 mins	6:00am <b>BodyPump</b> Sue - 60 mins.	7:30am <b>BP Express</b> Virtual 45 mins.	
8:15am <b>Sprint</b> Virtual 30 mins.	7:15am <b>The Trip</b> Virtual 45 mins.	7:15am <b>Sprint</b> Virtual 30 mins.	7:15am <b>The Trip</b> Virtual 45 mins.	7:05am <b>Les Mills Core</b> Virtual 30mins.	9:00am <b>Yoga</b> Rose - 45 mins	9:00am <b>BodyPump</b> Lynn 60 mins.
9:00am <b>BodyPump</b> Sheldon - 60 mins	8:00am <b>Les Mills Barre</b> Virtual 30 mins	8:00am <b>BodyCombat</b> Virtual 30 mins.	8:00am <b>Les Mills Barre</b> Virtual 30 mins	7:15am <b>Sprint</b> Virtual 30 mins	9:00am <b>Aqua Fit</b> Barb 50 mins	9:00am <b>Aqua Fit</b> Barb 50 mins
9:00am <b>Aqua Fit</b> Barb - 45mins	8:05am <b>Sprint</b> Virtual 30 mins.	9:00am <b>Aqua Fit</b> JoAnn - 45 mins	9:00am <b>Aqua Fit</b> JoAnn - 45 mins	9:00am <b>Aqua Fit</b> JoAnn - 45 mins	9:15am <b>BodyPump</b> Georgia -60 min	10:05am <b>Les Mills Core</b> Lynn 30 mins.
	9:00am <b>W/T/S</b> JoAnn 45 mins.	9:00am <b>PowerHour</b> 30 mins Strength & 30 mins <b>LesMills CORE</b> Georgia	9:15am <b>PowerHour</b> 30 mins BodyPump & 30 mins <b>LesMills CORE</b> Georgia	9:15am <b>Metabolic</b> Interval Training Myleen 45 mins.	9:30am <b>Spin</b> Sally 45 mins.	10:15am <b>RPM</b> Virtual 50min
10:15am <b>LoCardio/Tone</b> Barb-45 mins.						
10:30am <b>Spin</b> Denise 45 mins	10:30am <b>Aqua Fit</b> Sophia 45 mins	9:45am <b>LoCardio/Tone</b> Barb 45 mins.	10:30am <b>Aqua Fit</b> Julie 55 mins		10:20am <b>LesMills Core</b> Georgia- 30 min	11:00am <b>BP Express</b> Virtual 45 mins
11:30am <b>Les Mills Core</b> Virtual -30 mins.	10:30am <b>Powersculpt</b> Sue K. 45 mins.	10:30am <b>Spin</b> Denise 45 mins.	10:45am <b>Powersculpt</b> Sue K. 45 mins.	10:30am <b>Spin</b> Denise 45 mins.	11:00am <b>BP Express</b> Virtual 45 mins.	11:45am <b>Les Mills Core</b> Virtual 30 mins.
12:15pm <b>BodyPump</b> Virtual - 60 mins.	10:30am <b>RPM</b> Virtual 50 mins.	11:30am <b>Les Mills Core</b> Virtual 30 mins.	11:45am <b>Les Mills Core</b> Virtual 30 mins.	11:30am <b>LesMills Core</b> Virtual 30 mins	11:50am <b>LesMills</b> <b>Core</b> Virtual 30 mins	12:30pm <b>LesMills</b> <b>Sh'Bam</b> Virtual 30 mins
2:30pm <b>BodyCombat</b> Virtual - 30 mins	11:30am <b>LesMills Core</b> Virtual 30 mins.	12:15pm <b>BP Express</b> Virtual 45 mins	12:15pm <b>RPM</b> Virtual 30 mins.	12:00pm <b>BodyBalance</b> Virtual Yoga 20mins		
3:00pm <b>BodyBalance</b> Virtual Yoga 20 mins	12:00pm <b>BodyBalance</b> Virtual Yoga 20 mins	2:00pm <b>LesMills Core</b> Virtual 45 mins	4:45pm <b>Les Mills Core</b> Virtual 30 mins.	2:00pm <b>BP Express</b> Virtual 45 mins	1:00pm <b>RPM</b> Virtual 50 mins	12:30pm <b>The TRIP</b> Virtual 45 mins.
5:15pm <b>Spin</b> Ron 45 mins.	5:15pm <b>BodyPump</b> Sue 60 mins.	5:30pm <b>Spin</b> Ron/Tony/Lynn 45 mins.	5:30pm <b>Sprint</b> Virtual 30mins.	4:15pm <b>RPM</b> Virtual 30 mins	1:15pm <b>BodyBalance</b> Virtual Yoga 20 mins	1:15pm <b>BodyBalance</b> Virtual Yoga 20 mins
6:00pm <b>BP Express</b> Virtual 45 mins	5:30pm <b>RPM</b> Virtual 50 min	5:30pm <b>BP Express</b> Virtual 45 mins	<b>New Time!</b> 5:30pm <b>BodyPump</b> Sheldon 60 mins	5:00pm <b>BodyPump</b> Virtual 60 mins		
<b>New Time!</b> 6:30pm <b>Yoga</b> Sue C. 50 mins.	6:30pm <b>Yoga</b> Lauren 50 mins.	6:30pm <b>Gentle Yoga</b> Laura B. 45 mins	6:30pm <b>RPM</b> Virtual 30 mins.	5:30pm <b>Yoga</b> Jola- 50 mins.	<b>Pool Area will be</b> <b>CLOSED</b> <b>Mon. 7/25 and</b> <b>reopen Mon. 8/8</b> <b>(or sooner)</b>	<b>Studios:</b> <a href="#">RHFit #1</a> <a href="#">RHFit #3</a> <a href="#">RHF Pool</a> <a href="#">Mind/Body</a>
6:50pm <b>Les Mills Core</b> Virtual 30 mins.	6:30pm <b>Aqua Fit</b> Kathi D. 50 mins	6:30pm <b>Sprint</b> Virtual 30 mins.	6:30pm <b>Aqua Zumba</b> Dana. 45 mins	6:00pm <b>Sprint</b> Virtual 30min		
7:00pm <b>RPM</b> Virtual 30min	6:45pm <b>W/T/S</b> JoAnn 45 mins	7:00pm <b>BP Mini</b> Virtual 30 mins.	7:10pm <b>BodyBalance</b> Virtual Yoga 20 mins	6:15pm <b>BodyPump</b> Virtual 60 mins	<b>Labor Day</b> <b>Weekend</b> Special schedule 9/2-9/5	

## **Live & Virtual Workout Policies & Procedures:**

*All classes are first-come, first-served for space/bike placement.*

*Studios will be open approximately 15 mins prior to class.*

*Please do not save spots for friends/family that have not arrived to the club.*

*You may enter the pool prior to aqua classes once the lanes are pulled out.*

***Please keep ample spacing at all times.***

Due to the current fluid situation, changes to the schedule may occur. Please do not enter the club and/or any classes if you are not feeling well.

All equipment should be cleaned before use and is mandated to be cleaned by the participant after each use and put back accordingly.

***For the safety of everyone...***

***No late entry into any class, at any time.***

Please exit studios promptly after cleaning your equipment.

**Limited exercise mats/yoga blocks/yoga straps/bands/balls are now available in studios.**

***Please clean all equipment/mat before & after each use.***

You may bring your own mat, towel, & water bottle.

*Any violations to the policies and procedures may result in suspension or termination of class participation and/or membership.*

**RHF Management Team**