



Live & Virtual Class Schedule

Effective March 8th – 21st, 2021

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
5:30am Spin MC 30 mins.	5:30am BP Express Lynn 45 mins.	5:30am Spin MC 30 mins.	5:30am BodyPump MC 60 mins.	5:30am Spin Tony 45 mins.		
6:05am Les Mills Core MC 30 mins.	6:20am Les Mills Core Lynn 30 mins.	6:05am Les Mills Core MC 30 mins.	7:15am Sprint Virtual 30 mins.	6:00am BodyPump Sue 60 mins.	9:00am Yoga Jola 55 mins	9:00am BodyPump Lynn 60 mins.
9:00am BP Express Virtual 45 mins	7:15am RPM Virtual 30 mins.	8:00am BodyCombat Virtual 30 mins.	8:00am Les Mills Barre Virtual 30 mins	7:10am Les Mills Core Virtual 30 mins.	9:00am Aqua Fit Barb 45 mins	10:05am Sprint Virtual 30 mins.
9:00am Aqua Fit Barb 45 mins	8:00am Les Mills Barre Virtual 30 mins	9:00am Aqua Fit JoAnn 45 mins	9:00am Aqua Fit JoAnn 45 mins	8:00am RPM Virtual 30 mins	9:15am BodyPump Georgia 60 mins.	10:05am Les Mills Core Lynn 30 mins.
10:30am LoCardio Barb 45 mins.	9:00am W/T/S JoAnn 45 mins.	9:00am Powersculpt Barb 45 mins.	9:15am 30/30 BP Mini & Les Mills Core Georgia -60 mins	9:00am BodyPump Virtual 60 mins	9:30am Spin Sally 45 mins.	11:00am BP Express Virtual 45 mins.
10:30am Spin Denise 45 mins.	10:30am Powersculpt Sue K. 45 mins.	10:30am Spin Denise 45 mins.	10:30am Aqua Fit Julie 45 mins	9:15am Yoga Jola 55 mins	11:00am BP Express Virtual 45 mins.	12:00pm Les Mills Core Virtual 30 mins.
12:15pm Grit Strength Virtual 30 mins.	12:15pm BP Express Virtual 45 mins	11:15am Yoga Jola 55 mins	12:15pm Grit Strength Virtual 30 mins.	10:30am Spin Denise 45 mins.	1:00pm RPM Virtual 50 mins.	12:30pm RPM Virtual 30 mins.
5:15pm Spin Savannah 45 mins.	5:15pm BodyPump Sue 60 mins.	12:15pm Les Mills Core Virtual 30mins	4:50pm BP Mini Virtual 30mins.	12:15pm BP Express Virtual 45 mins		
5:30pm BodyPump Karen 60 mins	5:15pm RPM Virtual 50 mins.	5:30pm Spin Karen 45 mins.	5:30pm Spin Tony 45 mins.	4:00pm RPM Virtual 50 mins.		
6:40pm Les Mills Core Virtual 30 mins.	6:30pm Yoga Lauren 50 mins.	5:30pm BP Express Georgia 45 mins	5:45pm Pilates Sue K. 45 mins.	5:00pm BodyPump Virtual 60 mins		
*7:00pm Yoga Rose for Sue C. 45 mins. *MASK REQUIRED!	6:30pm Aqua Fit Kathi D. 45 mins 6:45pm W/T/S JoAnn 45 mins.	6:30pm LesMills Core Virtual 30 mins. 6:30pm Sprint Virtual 30 mins.	6:30pm Aqua Zumba Dana 45 mins 6:30pm Yoga Lauren 50 mins.			Studios: RHFit #1 RHFit #3 RHF Pool Mind/Body

MASKS ARE CURRENTLY NOT REQUIRED WHILE EXERCISING.
 (Exception: Classes that are indicated: ***Mask Required**—no exceptions.)

Live & Virtual Workout Policies & Procedures:

“In person” pre-registration is required for all Group Exercise classes.

Participation is limited to the following:

Aqua = 15 Group Ex. Studio = 13 Mind/Body = 12 Spin Studio = 11

See sign-up sheet at front desk.

Registration opens exactly one hour prior to any class

(Except for early morning classes - must sign up upon arrival.)

You cannot sign up anyone else – everyone must be present.

All studios will have assigned spots/bikes so you can select when you pre-register.

Aqua classes – please keep spacial distancing at all times.

Masks must be worn properly at all times until you reach your fitness destination.

Please keep mask on while entering and exiting the studio/pool deck.

*If you are more “comfortable” wearing a mask to any class,
please feel free to do so at any time.*

*Masks are required if the class is listed as a “**Mask Required**” class. No exceptions.*

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.

Registration closes 5 minutes before start of class or if registration reaches capacity.

Please arrive before class starts as late entrants will **NOT** be permitted (even if registered).

Please exit studio promptly after cleaning your equipment. No social gatherings allowed after classes.

Limited exercise mats/yoga blocks/yoga straps/bands 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