

## January-June 2018 RSC Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
		6:00-6:45 Tabata		6:00-6:45 Cycle (45)		6:00-6:45 Strength Interval		6:00-6:45 Cycle (45)	
				6:45-7 Quick Core				6:45-7 Quick Core	
11:00 Tabata	11:30 Abs/CORE	11:00 Pilates	11:30 Cardio Interval	11:00 Yoga	11:30 Cycle (30)	11:00 Circuit Training	11:30 Pilates	11:00 Cardio Barbell	11:30 Cycle (30)
12:00 Cycle (30)	12:30 Pilates	12:00 Abs/CORE	12:30 Cycle (30)	12:00 Tabata	12:30 Abs/CORE	12:00 Cardio Barbell	12:30 Tabata	12:00 Abs/CORE	12:30 Cardio Interval
1:15-1:45 Strength & Stability Conditioning		1:00-1:45 Yoga: Beyond the Basics		1:15-1:45 Strength & Stability Conditioning		1:00-1:45 Cycle (45)			
4:15 - 5:00 Cardio Barbell		4:15 - 5:00 Cycle (45)		4:15 - 5:00 Circuit Training		4:15 - 5:00 Cycle (45)			
5:15 - 6:00 Cycle (45)		5:15 - 6:00 Tabata		5:15 - 6:00 Cycle (45)		5:15 - 6:00 Strength & Stability Conditioning			

- ❖ All group classes will start ON TIME and participants are expected to arrive for that time.
- ❖ Class format / lesson plans may vary within each discipline to accommodate class duration however not to diminish the integrity of the specific discipline.
- ❖ Due to space and equipment limitations some classes will require participants to *reserve* their equipment/bike.
- ❖ **Cycle** = 45 minute class    **Cycle** = 30 minute express class    Located in the **Cycling Studio**.
- ❖ Call RCW Fitness to establish **cycling orientations** 782-5029 extension 3430.

Check the RCW website [www.riversidecorporatewellness.com](http://www.riversidecorporatewellness.com) for important announcements/cancellations /class changes.

