

# Rockstar Wellness

## April 2026 Schedule

Studio 1

Studio 2

Studio 3/Virtual Only

| MONDAY    |   |   |
|-----------|---|---|
| 6:00 AM   | Rise & Grind Bootcamp (Bre) *45 min. - hybrid           |   |
| 9:00 AM   | Ex-Press Strength (Bre) *45 min. - hybrid               |   |
| 9:45 AM   | Core & Restore (Bre) *30 min. - hybrid                  |   |
| 10:30 AM  | Biker Barre (Rachel/ Heather)                           | Silver Spikers (Renee)                                |
| 11:30 AM  | AMPD Resistance (Rachel/Reginna)*45 min. - hybrid       |   |
| 12:30 PM  | Floor Barre (Rachel) *45 min. - hybrid                  |   |
| 4:00 PM   |   | POUND Unplugged (Hannah) *40 minutes                  |
| 4:30 PM   | Gentle Flow Yoga (Mary) - 45 min. - hybrid              |   |
| 4:45 PM   |   | Pilates (Renee/Rachel) *45 minutes                    |
| 5:15 PM   | Turn Up Dance Fitness (Avery)                           |   |
| 5:30 PM   |   | POUND (Allison) *45 min. - virtual only               |
| 5:30 PM   |   | P90X (Mary) *45 minutes                               |
| 5:45 PM   |   | HIGH Fitness (Britnee/Rachel/Avery)                   |
| 6:15 PM   | Kickboxing (Renee) *40 min - hybrid                     |   |
| 7:00 PM   |   | Adult Tap (Victoria) *45 min.                         |
| TUESDAY   |   |   |
| 5:15 AM   | Buns, Guns & Abs (Heather) *45 min. - hybrid            |   |
| 6:00 AM   |   | Strength Lab (Bre) *30 minutes                        |
| 8:30 AM   | Spin Express (Mary) *40 min.                            |   |
| 9:00 AM   |   | POUND (Amber)   |
| 9:15 AM   |   | TRX Suspension Training (Mary) *40 minutes            |
| 10:15 AM  | Gentle Flow Yoga (Mary) - 45 min. - hybrid              | AMPD Strength (Amber) *45 minutes                     |
| 10:30 AM  |   | Strength Lab (Kenzie) *30 minutes                     |
| 11:00 AM  |   | Strength Lab (Kenzie) *30 minutes                     |
| 11:30 AM  | Barre Above (Reginna) - 45 min. hybrid                  |   |
| 4:40 PM   |   | Step & Strength (Renee) *45 minutes                   |
| 4:50 PM   | RUMBLE (Rachel) *45 min.                                |   |
| 5:30 PM   |   | POUND (Hannah)  |
| 5:30 PM   |   | Strong Stride (Bre) *45 min.                          |
| 5:40 PM   | Human Reformer Pilates (Rachel) *30 min.                | Ex-Press Strength (Allison) *30 min. - virtual only   |
| 6:15 PM   | Ex-Press Strength (Bre) *45 minutes - hybrid            |   |
| 6:30 PM   |   | AMPD Strength (Rachel/Heather) *45 min.               |
| 7:15 PM   | VeraFlow (Rachel/Vicki) - hybrid                        |   |
| WEDNESDAY |   |   |
| 6:00 AM   | Rise & Grind Bootcamp (Bre) *45 min - hybrid            |   |
| 9:00 AM   | Ex-Press Strength (Bre) *45 minutes - hybrid            |   |
| 10:00 AM  | PiYo & Core (Renee) - hybrid                            | Tap-N-Burn (Rachel)                                   |
| 11:15 AM  | Stretch & Tone (Reginna) *45 min. - hybrid              |   |
| 12:00 PM  | HIGH Yo (Rachel) 45 min. - hybrid                       |   |
| 4:00 PM   | Walk & Rock (Reginna) *30 min.                          |   |
| 4:45 PM   |   | Core Yoga (Megan)                                     |
| 5:00 PM   | Barre Above (Amber) - hybrid                            | POUND (Britnee)                                       |
| 6:00 PM   | Spin (Renee)  | SOUlkickboxing (Britnee)                              |
| 7:00 PM   |   | Turn Up Dance Fitness (Rachel/Avery)                  |
| 7:00 PM   |   | TRX Suspension Training (Logan) *40 minutes           |
| THURSDAY  |   |   |
| 5:15 AM   | Biker Barre (Heather) *45 min.                          |   |
| 6:00 AM   |   | Strength Lab (Bre) *30 minutes                        |
| 9:00 AM   | Spin Express (Rachel/Mary) *40 min.                     |   |
| 9:50 AM   | Spin & Stretch (Mary) *40 min. - NEW!                   | Barre Above (Reginna)                                 |
| 10:20 AM  |   | TRX Pilates (Renee) *40 minutes - NEW!                |
| 11:00 AM  | Kettlebell AMPD (Rachel/Reginna) *45 min. - hybrid      | Gentle Flow Yoga (Mary) - 45 min.                     |
| 4:40 PM   | Ex-Press Strength (Kenzie) *45 min. - hybrid            |   |
| 4:50 PM   |   | AMPD Resistance (Reginna) *30 min.                    |
| 5:30 PM   | Kettlebell AMPD (Heather & Reginna) - hybrid            | Strength Lab (Kenzie) *30 minutes                     |
| 5:45 PM   |   | Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.   |
| 6:35 PM   | Buns, Guns & Abs (Heather) *45 minutes - hybrid         | Xtreme Hip Hop- step aerobics (Rachel)                |
| 7:30 PM   | Pilates (Renee/Rachel) - *45 min. - hybrid              |   |
| FRIDAY    |   |   |
| 6:00 AM   | Rise & Grind Bootcamp (Bre) *45 min. - hybrid           |   |
| 9:00 AM   | Ex-Press Strength (Bre) *45 minutes - hybrid            |   |
| 10:00 AM  | Human Reformer Pilates (Rachel/Bre) *30 min. - hybrid   |   |
| 10:45 AM  | Silver Strength & Stability (Reginna) *45 min. - hybrid | Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.   |
| 11:45 AM  | S.E.A.T (Reginna) *45 min. - hybrid                     |   |
| 1:00 PM   |   | ROCKsies Adult Tap Class (Rachel/Kelsey) - hybrid     |
| 4:30 PM   | Muscle Mixer (Renee) *45 min. - hybrid                  | Junior ROCKsies Tap -ages 8+ (Rachel/Kelsey) *45 min. |
| 5:15 PM   | Pop Up Classes - Watch for Details                      | HIGH Low Fitness (Avery)                              |
| SATURDAY  |   |   |
| 8:00 AM   | Spin (Scott)  |   |
| 8:30 AM   |   | POUND (Tori/Hannah)                                   |
| 9:30 AM   | Buns, Guns & Abs (TBA) - hybrid                         | Pop- Up Kids Classes (ages 5-12) - Watch for Details  |
| 10:30 AM  | Pop Up Classes - Watch for Details                      | Pop Up Classes - Watch for Details                    |

For the most up-to-date daily schedule, please visit [www.rockstarwellnessllc.com/schedule](http://www.rockstarwellnessllc.com/schedule)

Hybrid classes have both in-person and virtual options available.

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- Spring/Summer Stride Tribe begins April 19th!
- CSA (Community Supported Agriculture) Program registration opens April 15th!
- Check out all of our new hybrid class options - over 30 classes are now offered online!
  - The 21 Day Rockstar Reset Challenge is now open!
- Rockstar On-Demand is now available! Workout with us from home anytime!
- Pickleball Open Court Times are available - register at [www.rockstarwellnessllc.com/pickleball](http://www.rockstarwellnessllc.com/pickleball)
- Childcare is available for ages 6 months - 10 years by appointment! Register at [www.rockstarwellnessllc.com/childcare](http://www.rockstarwellnessllc.com/childcare)