

Rockstar Wellness

March 2020 Schedule

Studio 1

Studio2

Studio 3

| MONDAY | | | |
|---------------------|--|-------------------------------|-------------------------|
| 10:00-11:00 AM | Power Flow (Megan) | | Spin (Rachel) |
| 11:30 AM - 12:15 PM | AMPD Resistance (Rachel) | | |
| 12:30-1:15 PM | Kettlebell AMPD (Rachel) | | |
| 1:15-2:15 PM | | Zumba (Carisa) | |
| 4:30-5:30 PM | Pilates (Rachel) | | |
| 5:30-6:30 PM | Barre Above (Amber) | POUND (Shelby) | Spin (Ben) |
| 6:30-7:15 PM | | Strong By Zumba (Amber) | Spin (Scott) |
| 6:30-8:30 PM | Line Dancing (Donnie)* | | |
| 7:15-8:15 PM | | Fitness & Fellowship (Rachel) | |
| TUESDAY | | | |
| 5:30-6:30 AM | 20/20/20 Bootcamp (Missy) | | |
| 9:00-10:00 AM | Floor Barre (Rachel) | | |
| 10:00-11:00 AM | VeraFlow (Rachel) | | |
| 11:30 AM- 12:30 PM | | Zumba (Carisa) | |
| 1:00-2:00 PM | Kettlebell AMPD Unplugged (Rachel) | | |
| 4:45-5:30 PM | PiYo (Renee) | | |
| 5:30-6:30 PM | P90X Live (Mary) | POUND (Rachel) | Spin (Scott) |
| 6:30-7:30 PM | Zumba (Carisa) | AMPD Resistance (Rachel) | |
| 7:30-8:30 PM | VeraFlow (Rachel) | | |
| WEDNESDAY | | | |
| 9:00-10:00 AM | P90X Live (Mary) | | |
| 10:00-11:00 AM | | Tap-N-Burn (Rachel) | |
| 11:30 AM-12:15 PM | Floor Barre (Rachel) | | |
| 5:00-6:00 PM | | POUND (Monica) | |
| 5:30-6:30 PM | Zumba (Bri) | | Spin (Ben) |
| 6:00-7:00 PM | | Strong By Zumba (Amber) | |
| 6:30-7:30 PM | Kickboxing (Monica) | | |
| 7:00-8:00 PM | | POUND (Amber) | |
| THURSDAY | | | |
| 5:30-6:30 AM | | | Spin (Scott) |
| 9:00-10:00 AM | | POUND (Amber) | |
| 10:00-11:00 AM | AMPD Resistance (Rachel) | | |
| 11:00-Noon | Barre Above (Reginna) | | |
| Noon-12:45 PM | VeraFlow-30 min. (Rachel) | Zumba (Carisa) | |
| 1:00-2:00 PM | | Kickboxing (Monica) | |
| 2:00-3:00 PM | | POUND (Monica) | |
| 4:45-5:30 PM | Kettlebell AMPD (Rachel) *4:45PM Start | PiYo (Renee) | |
| 5:30-6:30 PM | Zumba (Bri) | Barre Above (Sara) | Spin (Rachel) |
| 6:30-7:30 PM | Zumba (Bri) | Generation POUND** | |
| 7:30-8:30 PM | Floor Barre (Rachel) | | |
| FRIDAY | | | |
| 9:00-10:00 AM | | POUND (Rachel) | |
| 10:00-11:00 AM | Strong By Zumba (Amber) | | |
| 11:00 AM-Noon | Barre Above (Amber) | | Spin (Rachel) |
| Noon-12:45 PM | Lunch Break Yoga (Megan) | | |
| 4:30-7:30 PM | Pop Up Friday Night Classes | | |
| SATURDAY | | | |
| 8:00-9:00 AM | Kickboxing (Renee) | | Spin (Scott/Rachel/Ben) |
| 9:00-10:00 AM | Core Conditioning - 30 min.(Renee) | POUND (Instructor TBA) | |
| 10:00-11:00 AM | | Zumba (Bri/Carisa) | |

* Payment is made directly to the instructor. Class is not included in the membership or bundle pricing.

** Class for ages 5-12. The new 4 week session begins March 5th.