

Rockstar Wellness

May 2024 Schedule

Studio 1

Studio 2

Studio 3

MONDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.		
9:00 AM	Ex-Press Strength (Bre) *45 min.		
9:45 AM	Straight to the Core (Bre) *30 min.		
10:30 AM	Spin (Rachel)	Silver Sneakers (Renee)	
11:30 AM	AMPD Resistance (Rachel)*45 min.		
4:30 PM	Spin Express (Renee) *40 min		
4:45 PM		Pilates (Rachel) *45 minutes	
5:15 PM	Turn Up Dance Fitness (Avery)		
5:30 PM			P90X (Mary) *45 minutes
5:45 PM		HIGH Fitness (Allie/Avery/Tori/Britnee/Rachel)	
6:45 PM			TRX Suspension Training (Josh) *40 minutes
6:50 PM		HIGH Yo (Allie) *45 min.	
TUESDAY			
8:30 AM	Spin Express (Renee) *40 min.		
9:00 AM		POUND (Amber)	
9:15 AM			TRX Suspension Training (Rachel) *40 minutes
10:15 AM		AMPD Strength (Rachel) *45 min.	
11:10 AM	Floor Barre (Rachel) - hybrid class *45 min.		
4:30 PM		Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.	
4:45 PM			HIGH Yo (Allie/Britnee) *45 min.
5:15 PM	RUMBLE (Rachel)		
5:30 PM		POUND (Tori/Britnee)	
6:15 PM	Ex-Press Strength (Bre) *45 minutes		
6:30 PM		AMPD Strength (Rachel/Amber) *45 min.	
7:15 PM	VeraFlow (Rachel) - hybrid class		
WEDNESDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min		
9:00 AM	Ex-Press Strength (Bre) *45 minutes		
10:00 AM	PiYo & Core (Renee)	Tap-N-Burn (Rachel) - hybrid class	
11:15 AM		Stretch & Tone (Rachel)- hybrid class *45 min.	
12:00 PM		HIGH Yo (Rachel) - hybrid class *45 min.	
4:50 PM		POUND (Britnee/Allie)	
5:00 PM	Barre Above (Amber)		
5:15 PM			TRX Suspension Training (Emily) *40 min.
6:00 PM	Spin - Rhythm Ride (Emily)	AMPD Resistance (Allie/Amber) *45 min.	
7:10 PM	Turn Up Dance Fitness (Rachel)		
THURSDAY			
9:00 AM	Spin Express (Rachel) *40 min.		
9:50 AM		Barre Above (Reginna)	
11:00 AM	Kettlebell AMPD (Rachel) *45 minutes		
4:40 PM	Floor Barre (Avery) *45 minutes		TRX Suspension Training (Allie/Josh)*40 minutes
4:50 PM		Fitness For Two Barre Fitness - babywearing (Rachel) *35 min.	
5:30 PM	Kettlebell AMPD (Allie/Rachel)		
5:45 PM		POUND Unplugged (Rachel) *40 min. - starting May 9th	
6:35 PM	Ex-Press Strength (Bre) *45 minutes	Xtreme Hip Hop- step aerobics (Rachel)	
7:30 PM		Pilates (Rachel)*45 min.	
FRIDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.		
9:00 AM	Ex-Press Strength (Bre) *45 minutes		
10:30 AM	Silver Sneakers (Renee)	Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.	
11:45 AM	S.E.A.T (Reginna) *45 min.		
1:00 PM		ROCKsies Adult Tap Class (Rachel)	
4:30 PM		Muscle Mixer (Renee) *45 minutes	
5:15 PM		HIGH Low Fitness (Avery)	
SATURDAY			
8:00 AM	Spin (Scott)	Pop-Up Classes - Watch for Details	
9:00 AM		POUND (Rachel)	
9:15 AM	Buns, Guns & Abs (TBA)		
10:15 AM	Pop Up Classes - Watch for Details	Pop- Up Kids Classes (ages 5-12) - Watch for Details	

For the most up-to-date daily schedule, please visit www.rockstarwellnessllc.com/schedule

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

225 2nd Street, Marietta, OH | 740-885-2050 | info@rockstarwellnessllc.com | www.rockstarwellnessllc.com

- Advanced Bootcamp Class with Bre - every Tuesday at 5:30 PM - \$10 drop-in
- Small Group Personal Training Drop-Ins available for \$25 per session - please check Momenca for availability
- 21 Day Spring Jumpstart Challenge begins on May 6th and runs through May 26th!
 - POUND Fur Paws - May 4th at 10:30 AM
- Mommy & Me Mother's Day Fitness - May 11th - Featuring Zumbini (10:15 AM) & Generation POUND (11:15 AM)
 - Outdoor Spin-A-Thon for Pelotonia - May 18th at 12:30 PM
- We are a stop for the Wine & Chocolate Walk on May 18th! - stop by for some black bean cake!
- Fit Fam Friday - May 24th at 6:30 PM - join us for post class dinner at a local restaurant with our fitness fam!
 - CSA (Community Support Agriculture) program sign-ups are open!
- Pickleball Open Court Times are available - register at www.rockstarwellnessllc.com/pickleball
- Childcare is available for ages 6 months - 10 years by appointment! Register at www.rockstarwellnessllc.com/childcare
- We will be closed on May 27th in observance of Memorial Day.