

Rockstar Wellness

July 2023 Schedule

Studio 1

Studio 2

Studio 3

MONDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.	
10:30 AM	Spin (Bre)	
11:30 AM	AMPD Resistance (Allie)*45 min.	
12:30 PM		
4:45 PM		Pilates (Allie) *45 minutes
5:15 PM	Zumba (Carisa)	
5:45 PM		HIGH Fitness (Allie/Avery/Tori/Britnee)
6:15 PM		
6:45 PM		HIGH Yo (Allie) *45 min.
TUESDAY		
9:00 AM		POUND (Amber)
9:15 AM		TRX Suspension Training (Bre) *40 minutes
10:15 AM		AMPD Strength (Allie) *45 min.
4:30 PM		HIGH Yo (Allie) *45 min.
5:00 PM	Barre Above (Amber)	Lift & Drift (Bre)
5:30 PM		POUND (Tori/Allie)
6:00 PM		Ex-Press Strength (Bre) *45 minutes
6:30 PM		AMPD Strength (Allie) *45 min.
7:15 PM		VeraFlow (Allie) - hybrid
WEDNESDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min	
10:00 AM		Tap-N-Burn (Kelsey/Cassidy/Amanda) - hybrid class
11:15 AM		Stretch & Tone (Bridget/Reginna)- hybrid class *45 min.
4:50 PM		POUND (Allie & Britnee)
5:00 PM	Zumba (Bri)	
5:15 PM		TRX Suspension Training (Emily/Deborah) *40 min.
6:00 PM	Spin - Rhythm Ride (Emily/Deborah)	AMPD Resistance (Allie) *45 min.
7:00 PM		Turn Up Dance Fitness (Avery)
THURSDAY		
9:00 AM		TRX Suspension Training (Bre)*40 minutes
9:45 AM	Barre Above (Reginna)	
11:00 AM	Kettlebell AMPD (Allie) *45 minutes	
4:30 PM		Yoga (Megan)
4:40 PM	Floor Barre (Avery) *45 minutes	TRX Suspension Training (Allie/Monica)*40 minutes
5:30 PM	Kettlebell AMPD (Allie)	Kickboxing (Monica)
6:35 PM	Spin - The Climb (Scott)	Ex-Press Strength (Bre) *45 minutes
7:35 PM		Pilates (Bridget)*45 min.
FRIDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.	
9:00 AM		Ex-Press Strength (Bre) *45 minutes
12:00 PM	S.E.A.T (Reginna) *45 min.	
1:00 PM		ROCKSIES Adult Tap Class (Kelsey/Cassidy/Amanda)
5:15 PM		HIGH Low Fitness (Avery)
SATURDAY		
8:00 AM	Spin - The Climb (Scott)	Pop Up Classes - Watch for Details
9:00 AM		POUND (TBA)
9:15 AM	Buns, Guns & Abs (Bre)	
10:15 AM	Pop Up Classes - Watch for Details	

For the most up-to-date daily schedule, please visit <https://gymcatch.com/app/provider/1072/events>

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

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

- Stroller Squad- group walk for moms - Saturdays at 9:15 AM
- Free Group Run - Saturdays at 9:15 AM
- CSA (Community Supported Agriculture) Program pick up days are every Wednesday Noon-8:30 PM
- Tour to Summer Outdoor POUND Class - July 15th at 9:00 AM
- Rockstar Kids Camp - July 24th-July 27th from 1:00-3:00 PM
- Please stay tuned to our Facebook page and Gym Catch for schedule updates!