

# Rockstar Wellness

## November 2023 Schedule

Studio 1		Studio 2		Studio 3	
<b>MONDAY</b>					
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.				
9:00 AM	Ex-Press Strength (Bre) *45 min.				
9:15 AM					
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/Allie) *45 minutes		
5:15 PM	Zumba (Carisa)				
5:30 PM					P90X (Mary) *45 minutes
5:45 PM			HIGH Fitness (Allie/Avery/Tori/Britnee/Rachel)		
6:15 PM	HIGH Fitness (Allie/Avery/Tori/Britnee/Rachel)				
6:50 PM			HIGH Yo (Allie/Rachel) *45 min.		
<b>TUESDAY</b>					
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.				
12:00 PM	Fast Fit (Bre) *30 min.				
12:30 PM	Straight to the Core (Bre) *30 min.				
4:45 PM					HIGH Yo (Allie) *45 min.
4:50 PM			Fitness For Two - Dance Aerobics (Rachel/Britnee) *35 min.		
5:00 PM	Barre Above (Amber)				
5:30 PM			POUND (Tori/Britnee)		
6:00 PM	RUMBLE (Rachel)				Ex-Press Strength (Bre) *45 minutes
6:30 PM			AMPD Strength (Allie) *45 min.		
7:15 PM			VeraFlow (Allie/Rachel) - hybrid class		
<b>WEDNESDAY</b>					
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min				
9:00 AM	Ex-Press Strength (Bre) *45 minutes				
10:00 AM	PiYo (Renee)		Tap-N-Burn (Rachel) - hybrid class		
11:15 AM			Stretch & Tone (Rachel/Reginna)- hybrid class *45 min.		
12:00 PM			HIGH Yo (Rachel) - hybrid class *45 min.		
4:50 PM			POUND (Allie & Britnee)		
5:00 PM	Turn Up Dance Fitness (Avery)				
5:15 PM					TRX Suspension Training (Emily) *40 min.
6:00 PM	Spin - Rhythm Ride (Emily)		AMPD Resistance (Allie) *45 min.		
6:50 PM			Muscle Mixer (Renee)		
<b>THURSDAY</b>					
9:00 AM	Spin Express (Rachel) *40 min.				
9:45 AM			Barre Above (Reginna)		
11:00 AM	Kettlebell AMPD (Rachel) *45 minutes				
Noon	Fast Fit (Bre) *30 min.				
12:30 PM	Straight to the Core (Bre) *30 min.				
4:40 PM	Floor Barre (Avery) *45 minutes				TRX Suspension Training (Allie)*40 minutes
4:50 PM			Fitness For Two - Barre Fitness (Rachel) *35 min.		
5:30 PM	Kettlebell AMPD (Allie)		Kickboxing (Renee)		
6:35 PM	Spin - The Climb (Scott)		Ex-Press Strength (Bre) *45 minutes		
7:30 PM			Pilates (Rachel)*45 min.		
<b>FRIDAY</b>					
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.				
9:00 AM	Ex-Press Strength (Bre) *45 minutes				
10:30 AM	Silver Sneakers (Renee)				
11:45 AM	S.E.A.T (Reginna) *45 min.				
1:00 PM			ROCKSies Adult Tap Class (Rachel)		
5:15 PM			HIGH Low Fitness (Avery)		
6:15 PM	Pop Up Classes - Watch for Details		Pop-Up Classes - Watch for Details		
<b>SATURDAY</b>					
8:00 AM	Spin (Scott) *starting Nov. 11th		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		Pop- Up Kids Classes (ages 5-12) - 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.

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- Free Fitness Friday - November 3rd from 4:30-8:30 PM (Try as many classes as you would like for free! )
- POUNDgiving - November 25th at 10:15 AM (join us for a post Thanksgiving POUND class -cost is a donation to the Gospel Mission Food Pantry)
- Merry-Etta Christmas Parade - November 25th at 6:00 PM - we would love to have our fitness family join us!
- Our Healthy For the Holidays Challenge is now open for registration! The last day to join is November 20th!
  - Save the Date! Fitmas is scheduled for December 2nd! Registration will open on November 5th!
  - Open Pickleball times will be available throughout the week! Stay tuned for details!
- Thanksgiving Hours - We will be closed from 1:00 PM on November 22nd through November 24th. We will re-open on November 25th.