

Rockstar Wellness

November 2025 Schedule

Studio 1

Studio 2

Studio 3/Virtual Only

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	Biker Barre (Rachel)	Silver Spikers (Renee)	
11:30 AM	AMPD Resistance (Rachel) *45 min.		
12:30 PM		Floor Barre (Rachel) - hybrid class *45 min.	
4:00 PM		POUND Unplugged (Rachel) *40 minutes	
4:30 PM	Kickboxing (Renee) *40 min		
4:45 PM		Pilates (Rachel) *45 minutes	Roll, Rock, Release (Allie) *45 min.
5:15 PM	Turn Up Dance Fitness (Avery)		POUND (Allison) *45 min. - virtual only- NEW!
5:30 PM			P90X (Mary) *45 minutes
5:45 PM		HIGH Fitness (Allie/Avery/Britnee/Rachel)	
6:50 PM	HIGH Yo (Allie) *45 min.		
7:00 PM		Adult Tap (Victoria) *45 min.	
TUESDAY			
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	Yoga (Mary) - 45 min.	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) - hybrid class *45 min. (NEW TIME)		
4:40 PM		Circuit Fusion (Renee) *45 minutes	
4:45 PM			HIGH Yo (Allie/Britnee) *45 min.
4:50 PM	RUMBLE (Rachel) *45 min.		
5:30 PM		POUND (Hannah)	Strong Stride (Bre) *45 min.
5:30 PM			Ex-Press Strength (Allison) *30 min. - virtual only (NEW)
5:40 PM	Human Reformer Pilates (Rachel) *30 min.		
6:15 PM	Ex-Press Strength (Bre) *45 minutes		
6:30 PM		AMPD Strength (Rachel) *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 (Reginna)- hybrid class *45 min.	
12:00 PM		HIGH Yo (Rachel) - hybrid class *45 min.	
4:00 PM	Walk & Rock (Reginna) *30 min.		
4:45 PM			Core Yoga (Megan)
5:00 PM	Barre Above (Amber)	POUND (Allie & Britnee)	
6:00 PM	Spin (Renee)	Tone & Yo (Allie & Rachel) - hybrid class	TRX Suspension Training (Deborah) *40 minutes
7:00 PM		Turn Up Dance Fitness (Rachel)	
THURSDAY			
9:00 AM	Spin Express (Rachel) *40 min.		
9:50 AM	Just Pedal (Rachel) *30 min.	Barre Above (Reginna)	
10:20 AM			TRX Suspension Training (Renee) *40 minutes
11:00 AM	Kettlebell AMPD (Rachel) - hybrid *45 minutes		
4:40 PM	Ex-Press Strength (Kenzie) *45 minutes		TRX Suspension Training (Allie)*40 minutes
5:30 PM	Kettlebell AMPD (Allie)		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	Xtreme Hip Hop- step aerobics (Rachel)	
7:30 PM	Pilates (Rachel) - hybrid *45 min.		
FRIDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.		
9:00 AM	Ex-Press Strength (Bre) *45 minutes		
10:00 AM	Human Reformer Pilates (Rachel)-hybrid *30 min. (NEW) starts Nov. 14th		
10:30 AM	Silver Strength & Stability (Reginna)	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	Junior ROCKsies Tap -ages 8+ (Rachel) *45 min.	
5:15 PM	HIGH Low Fitness (Avery)		
SATURDAY			
8:00 AM	Spin (TBA)		
8:30 AM		POUND (Rachel)	
9:30 AM	Buns, Guns & Abs (TBA)	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

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

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- First Friday ROCKsies Tap Performance - November 7th at 5:30PM
- Canned Food Drive for Gospel Mission Food Pantry begins on November 7th
 - Extreme Roulette Event - November 14th from 5:15-7:00 PM
- Closed for Thanksgiving from 1:00 PM on November 26th - November 28th
- POUNDgiving for the Gospel Mission Food Pantry on November 29th at 10:30 AM
- Merry-Etta Lighted Christmas Parade - November 29th at 6:00 PM (join us to ride or walk in the parade!)
 - The Winter Season of Rockstar Stride Tribe begins on November 30th - registration opening soon
 - Save the Date for Fitmas - December 6th 8:30 AM - 12:30 PM (registration opens November 3rd)
 - It is Share the Gratitude, Share the Strength Month! Details coming soon!
 - Rockstar On-Demand is now available! Workout with us from home!
 - 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