

Rockstar Wellness

January 2025 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	Biker Barre (Rachel)	Silver Sneakers (Renee)	
11:30 AM	AMPD Resistance (Rachel)*45 min.		
4:00 PM		POUND Unplugged (Rachel) *40 minutes	
4:30 PM	Spin Express (Renee) *40 min		
4:45 PM		Pilates (Rachel) *45 minutes	Roll, Rock, Release (Allie) *45 min.
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)	
6:50 PM		HIGH Yo (Allie) *45 min.	
TUESDAY			
8:30 AM	Spin Express (Rachel) *40 min.		
9:00 AM		POUND (Amber)	
9:15 AM			TRX Suspension Training (Rachel) *40 minutes
10:15 AM	Yoga (Mary) - 45 min.	AMPD Strength (Rachel) *45 minutes	
11:10 AM	Floor Barre (Rachel) - hybrid class *45 min.		
12:00 PM	Walk & Rock (Reginna) *30 min.		
4:40 PM		Circuit Fusion (Wendy) *45 minutes	
4:45 PM			HIGH Yo (Allie/Britnee) *45 min.
4:50 PM	RUMBLE (Rachel) *45 min.		
5:30 PM		POUND (Tori & Britnee)	
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 & Kelsey) - hybrid class	
11:15 AM		Stretch & Tone (Reginna)- hybrid class *45 min.	
12:00 PM		HIGH Yo (Rachel) - hybrid class *45 min.	
5:00 PM	Barre Above (Amber)	POUND (Britnee & Allie)	
6:00 PM	Spin (Renee)	Tone & Yo (Alie & Rachel)	
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. *NEW*	Barre Above (Reginna)	
11:00 AM	Kettlebell AMPD (Rachel) *45 minutes		
12:00 PM		Golden Games (Reginna) *30 min. *NEW*	
4:40 PM	Floor Barre (Avery) *45 minutes		TRX Suspension Training (Allie)*40 minutes
5:30 PM	Kettlebell AMPD (Allie)		
5:45 PM		Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.	
6:35 PM	Buns, Guns & Abs (Bridget) *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 & Kelsey)	
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 (Scott)		
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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- 5 Year Anniversary Celebration - January 4th from 8:30 AM - 1:00 PM
- January Jumpstart 21 Day Challenge begins January 13th - Registration is now open!
- Exclusive 5 Year Anniversary Apparel pre-sale open from January 4th - 15th. Orders due by end of day on the 15th
 - Hip Mobility Workshop with Bre - January 11th at 10:30 AM
 - Meet Me at the Barre event - January 19th from 2:00-4:30 PM
 - Rockstar On-Demand is now available! Workout with us from home!
- Small Group Personal Training is available on Tuesday at 6:00 AM (starting 1/7) and Friday at 5:00 AM (starting 12/10)
 - Dance with Sadie - Saturdays at Noon starting 1/11/24 (\$10 drop-in, no-pre-registration required)
 - 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