

# Rockstar Wellness

## June 2026 Schedule

### Studio 1

### Studio 2

### Studio 3/Virtual Only

MONDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min. - hybrid	
9:00 AM	Ex-Press Strength (Bre) *45 min. - hybrid	
9:45 AM	Core & Restore (Bre) *30 min. - hybrid	
10:30 AM	Biker Barre (Rachel/ Heather)	Silver Spikers (Reginna)
11:30 AM	AMPD Resistance (Rachel/Reginna)*45 min. - hybrid	
12:30 PM	Floor Barre (Rachel) *45 min. - hybrid	
4:30 PM	Gentle Flow Yoga (Mary) - 45 min. - hybrid	
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 (Britnee/Rachel/Avery)
6:15 PM	Kickboxing (Renee) *40 min - hybrid	
7:00 PM		Adult Tap (Victoria) *45 min.
TUESDAY		
5:15 AM	Buns, Guns & Abs (Heather) *45 min. - hybrid	
6:00 AM		Strength Lab (Bre) *30 minutes
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	Gentle Flow Yoga (Mary) - 45 min. - hybrid	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) - 45 min. hybrid	
4:40 PM		Step & Strength (Renee) *45 minutes
4:45 PM	HIGH Yo (Rachel) *45 min. hybrid - NEW!	
5:30 PM		POUND (Hannah)
5:40 PM	Human Reformer Pilates (Rachel) *30 min. hybrid	Strong Stride (Bre) *45 min.
6:15 PM	Ex-Press Strength (Bre) *45 minutes - hybrid	
6:30 PM		AMPD Strength (Rachel/Heather) *45 min.
7:15 PM	VeraFlow (Rachel/Vicki) - hybrid	
WEDNESDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min - hybrid	
9:00 AM	Ex-Press Strength (Bre) *45 minutes - hybrid	
10:00 AM	PIYo & Core (Renee) - hybrid	Tap-N-Burn (Rachel)
11:15 AM	Stretch & Tone (Reginna) *45 min. - hybrid	
12:00 PM	HIGH Yo (Rachel) 45 min. - hybrid	
4:00 PM	Walk & Rock (Reginna) *30 min.	
4:45 PM		Core Yoga (Megan)
5:00 PM	Barre Above (Amber) - hybrid	POUND Unplugged (Hannah/Rachel) *40 minutes
6:00 PM	Spin (Renee)	SOULkickboxing (Britnee)
7:00 PM		Turn Up Dance Fitness (Rachel/Avery)
		TRX Suspension Training (Logan) *40 minutes
THURSDAY		
5:15 AM	Biker Barre (Heather) *45 min.	
6:00 AM		Strength Lab (Bre) *30 minutes
9:00 AM	Spin Express (Mary/Bridget) *40 min.	
9:50 AM		Barre Above (Reginna)
10:00 AM	Upper Body Express (Bridget) *30 min. hybrid - NEW! - starts June 11th	
10:20 AM		TRX Pilates (Renee) *40 minutes - NEW!
11:00 AM	Kettlebell AMPD (Reginna) *45 min. - hybrid	Gentle Flow Yoga (Mary) - 45 min.
12:00 PM	Lower Body Express (Bridget) *30 min. hybrid -NEW! - starts June 11th	
4:40 PM	Ex-Press Strength (Kenzie) *45 min. - hybrid	
4:50 PM		AMPD Resistance (Reginna) *30 min.
5:30 PM	Kettlebell AMPD (Heather & Reginna) - hybrid	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 - hybrid	Xtreme Hip Hop- step aerobics (Rachel)
7:30 PM	Pilates (Renee) - *45 min. - hybrid	
FRIDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min. - hybrid	
9:00 AM	Ex-Press Strength (Bre) *45 minutes - hybrid	
10:00 AM	Human Reformer Pilates (Rachel) *30 min. - hybrid	
10:45 AM	Silver Strength & Stability (Reginna) *45 min. - hybrid	Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.
11:45 AM	S.E.A.T (Reginna) *45 min. - hybrid	
12:00 PM		Upper Body Express (Bridget) *30 min. hybrid - NEW! - starts June 12th
1:00 PM		ROCKsies Adult Tap Class (Rachel/Kelsey) - hybrid
4:30 PM	Muscle Mixer (Renee) *45 min. - hybrid	Junior ROCKsies Tap -ages 8+ (Rachel/Kelsey) *45 min.
5:15 PM	Pop Up Classes - Watch for Details	HIGH Low Fitness (Avery)
SATURDAY		
8:00 AM	Spin (Scott)	
8:30 AM		POUND (Tori/Hannah/Rachel)
9:30 AM	Buns, Guns & Abs (TBA) - hybrid	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](http://www.rockstarwellnessllc.com/schedule)

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

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- First Friday - June 5th - Parrothead Party Theme - ROCKsies Tap Performance at 5:30 PM- Special on our 21 Day Challenge
  - CSA (Community Supported Agriculture) Program- Registration now Open!
- Summer Team Challenge Registration Opening June 4th! Challenge Runs July 12th - August 9th
- The Longest Day Spin-a-Thon - supporting the Alzheimer's Association - June 18th from 6:00 AM-9:00 PM!
- POUND Fur Paws - supporting the Humane Society of the Ohio Valley - June 20th at 10:45 AM!
  - Check out all of our new hybrid class options - over 30 classes are now offered online!
    - The 21 Day Rockstar Reset Challenge is now open!
  - Rockstar On-Demand is now available! Workout with us from home anytime!
  - Pickleball Open Court Times are available - register at [www.rockstarwellnessllc.com/pickleball](http://www.rockstarwellnessllc.com/pickleball)
- Childcare is available for ages 6 months - 10 years by appointment! Register at [www.rockstarwellnessllc.com/childcare](http://www.rockstarwellnessllc.com/childcare)