

# Rockstar Wellness

## June 2022 Schedule

### Studio 1

### Studio 2

### Studio 3/Virtual

| MONDAY    |  |  |
|-----------|--|--|
| 6:00 AM   | Rise & Grind Bootcamp (Bre) *45 min.   |  |
| 10:30 AM  | Spin - Party Ride (Rachel)             | Zumba Gold (Carisa) - hybrid class *45min.                                 |
| 11:30 AM  |  | AMPD Resistance (Rachel)   |
| 12:30 PM  |  |  |
| 4:45 PM   |  | Pilates (Rachel) *45 minutes   |
| 5:15 PM   | Zumba (Carisa)                         |  |
| 5:45 PM   |  | HIGH Fitness (Rachel & Allie)  |
| 6:45 PM   | Spin- Interval Ride (Brooke)           | Stretch & Tone (Britnee)*45 min. -starting June 13th                       |
| TUESDAY   |  |  |
| 9:00 AM   |  | POUND (Amber)  |
| 9:15 AM   |  |  |
| 11:00 AM  | Floor Barre (Rachel) - hybrid *45 min. |  |
| 5:00 PM   | Barre Above (Amber) - hybrid           |  |
| 5:15 PM   |  | POUND (Rachel/Allie/Britnee)   |
| 6:15 PM   | RUMBLE (Amber)                         | POUND Unplugged (Rachel) - *30 min.  |
| 7:00 PM   |  | VeraFlow (Rachel) - hybrid   |
| WEDNESDAY |  |  |
| 6:00 AM   | Rise & Grind Bootcamp (Bre) *45 min    |  |
| 10:00 AM  |  | Tap-N-Burn (Rachel) - hybrid class   |
| 11:15 AM  |  | Ballet Barre Fitness (Stephanie) -hybrid class *45 min. -starting June 8th |
| 12:30 PM  |  |  |
| 1:00 PM   |  | Generation POUND for ages 5-12 *45 min. - starting June 8th                |
| 4:50 PM   |  | POUND (Allie)  |
| 5:00 PM   | Zumba (Bri)                            |  |
| 5:15 PM   |  |  |
| 6:00 PM   | Spin - Rhythm Ride (Emily)             | Slow Flow Yoga (Olivia/Megan)  |
| 7:00 PM   |  | Xtreme Hip Hop - level 2 (Rachel)  |
| THURSDAY  |  |  |
| 8:30 AM   |  | Barre Above (Reginna)  |
| 9:45 AM   | Kettlebell AMPD Unplugged (Rachel)     |  |
| 11:00 AM  |  |  |
| 4:40 PM   |  | Floor Barre (Rachel) - hybrid *45 minutes                                  |
| 5:30 PM   | Kettlebell AMPD (Allie)                | Kickboxing (Monica)  |
| 6:35 PM   | Spin - Party Ride (Brooke)             | Xtreme Hip Hop - level 1 (Rachel)  |
| 7:35 PM   |  | Pilates (Rachel)*45 minutes  |
| FRIDAY    |  |  |
| 6:00 AM   | Rise & Grind Bootcamp (Bre) *45 min.   |  |
| 1:00 PM   |  | ROCKsies Adult Tap Class (Rachel)  |
| 4:30 PM   |  | POUND Unplugged (Rachel) - *30 min. -starting June10th                     |
| 5:00 PM   | Zumba (Bri)                            | Barre Above (Amber)  |
| 6:00 PM   |  | POUND (Amber)  |
| SATURDAY  |  |  |
| 8:00 AM   | Spin - The Climb (Scott)               | Turn Up Dance Fitness (Rachel) *45 min.                                    |
| 9:00 AM   |  | POUND (TBA)  |
| 9:15 AM   | Buns, Guns & Abs (Bre)                 |  |
| 10:15 AM  | RUMBLE (Amber/Rachel) *45 min.         | Generation POUND/Yoga for Kids (ages 5-12) *45 min.                        |

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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- Our 6 Week Challenge Program is Now Open!
- Small Group Personal Training is Now Available!
- Join the Free POUND Tour to Summer Challenge - June 1st - 21st. Trackers can be picked up at the front desk.
- The Longest Day POUND Class Benefiting the Alzheimer's Association - Date and Time TBA