


















MAY 2024 GROUP X CLASSES- ROCK ASPEN

Class Descriptions-www.therockfit.com*schedule subject to change*

JOIN LADIES OF THE ROCK GROUP PAGE/ROCK ASPEN for UPDATES ON FACEBOOK

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT-</u>
					ALL Fri CLASSES 9am	All Sat Classes 9am ↓
5-6am	 Group Training w/ Kaitlyn			 Group Training Kaitlyn/Liz	3rd TOTAL BODY SCULPT w/ Amy Jo	4th BOOT CAMP w/ Kaitlyn
9-10am	ESSENTRICS [®] -HEALTHY • STRENGTH • FLEXIBILITY • CARE OF YOURSELF- Amy Jo	 Felecia	ESSENTRICS [®] -HEALTHY • STRENGTH • FLEXIBILITY • CARE OF YOURSELF- Amy Jo	TABATA Kaitlyn	10th  PILATES w/ Roseann	11th CARDIO KICKBOXING w/ Belinda
10:30-11:15 am	 The Silver Sneakers [®] Fitness Program Kendy	 The Silver Sneakers [®] Fitness Program Felecia	 The Silver Sneakers [®] Fitness Program Felecia	 The Silver Sneakers [®] Fitness Program Kendy	17th  HIIT HIGH INTENSITY INTERVAL TRAINING w/ Kaitlyn	18th  SPIN Vanessa
5:40-6:35 pm	 ZUMBA Barbara	CARDIO KICKBOXING Belinda	 SPIN Jennifer R.	 ZUMBA Barbara/Taylor	24th  PILATES w/ Roseann	25th  ZUMBA w/ Taylor
5:40-6:35 pm	 SPIN Jennifer R.					
6:40-7:35 pm	BODYPOWER [™] w/ Amy C.*	BEGINNER  SPIN w / Jennifer P.		TOTAL BODY SCULPT W/Belinda	31st BOOT CAMP w/ Trey	

NO CLASSES ON MONDAY MAY 27th MEMORIAL DAY

