

NOVEMBER 2024 GROUP X CLASSES- ROCK ASPEN

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

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

	MON	TUES	WED	THURS	FRI ALL Fri CLASSES 9am	SAT- All Sat Classes 9am
5-6am	EARLYBIRD Group Training w/ Kaitlyn			EARLYBIRD Group Training Kaitlyn/Liz	1st TOTAL BODY SCULPT Amy Jo.	2nd STEP N SCULPT Belinda
9-10am	ESSETRICS STRETCH Amy Jo	20/20/20 Mix Felecia	ESSETRICS STRETCH Amy Jo	TABATA Kaitlyn	8th KICKBOXING Kait	9th GROUP MIX Jennifer
10:30- 11:15 am	SILVER SNEAKERS Kendy	SILVER SNEAKERS Felecia	SILVER SNEAKERS STRETCH Felecia	SILVER SNEAKERS Kendy	15th BOOTCAMP Trey	16th ZUMBA Barbara
4:10-5:05		PILATES STRETCH Roseann TRIAL*		STEP & SCULPT Belinda TRIAL*	22nd GROUP MIX Jennifer S.	23rd TABATA Kait
5:10-5:30 pm			AB ATTACK Jennifer R. TRIAL*.		29th SPIN Jennifer R.	30th BOOTCAMP Jennifer R.
5:40-6:35 pm	ZUMBA Barbara	CARDIO KICKBOX Belinda	SPIN Jennifer R.	ZUMBA Barbara/Taylor		NO CLASSES ON THANKSGIVI NG DAY OTHER THAN BELOW
5:40-6:35 pm	SPIN Jennifer R.		TBD*			
6:40-7:35 pm	BODY POWER w/ Amy C.	TBD*		GROUP MIX w/ Jennifer S. TRIAL*		ANNUAL T-DAY CLASS PERKY TURKEY THURSDAY 11/28 9-10:30am

***ALL CLASSES ARE SUBJECT TO CHANGE BASED ON INSTRUCTOR**

AVAILABILITY & CLASS ATTENDANCE*

NO THURSDAY, TDAY CLASSES EXCEPT PERKY TURKEY

