



JUNE 2022

FITNESS CLASSES



Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.

RANCH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Cross Camp JOHN		Cross Camp GIB		
9:00 AM	Muscle Mix DENISE B.	Dance Party DENISE P.	Muscle Mix SUE	Dance Party CAMMY	Pilates KITTI	
10:00 AM	Zumba® KITTI	Muscle Mix KITTI	Zumba® NICOLE	Muscle Mix KITTI	Zumba® NICOLE	Cardio Blast ROTATION
11:00 AM	Yoga Flow JOE F.	Hatha Yoga KATHY	Yoga Flow MELANIE	Hatha Yoga KATHY		Yoga Flow ROTATION
2:00 PM		Beginner Line Dancing JOE S.				
3:00 PM		AB Line Dancing JOE S.				
5:00 PM	Power Pump MAUREEN		G.R.I.T. MAUREEN	Pilates BRENDA		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Cycle JACKIE		Power Cycle LINDA		Power Cycle INGRID	
9:00 AM						Power Cycle ROTATION

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	H2O FIT SUE	H2O FIT DENISE P.	H2O FIT BARB	H2O HIIT SUE	H2O FIT BARB	H2O FIT BARB

TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	TRX® Turbo SUE					
9:00 AM	TRX® Healthy Joints I SUE		TRX® Healthy Joints II JOHN		TRX® Healthy Joints I INGRID	
10:00 AM					TRX® Turbo NATHAN	
11:00 AM					Roll & Recover MELANIE	
5:00 PM		Core & More MAUREEN				

SPECIAL PROGRAMMING

STEP PARTY

TUESDAY, JUNE 7, 2022 • 9 AM • RANCH STUDIO

VIRTUAL WORKOUT

CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!
SEVEN DAYS A WEEK ONLINE AT
RANCHOCA.LA.COM/VIRTUAL-FITNESS.

