



# SEPTEMBER 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.	Step Aerobics DENISE P.	Muscle Mix SUE	Dance Party LORI	Pilates KITTI	
10:00 AM	Zumba® KITTI	Muscle Mix KITTI	Zumba® NICHOLE	Muscle Mix KITTI	Zumba® NICHOLE	Cardio Blast ROTATION
11:00 AM	Yoga Flow JOE F.	Hatha Yoga KATHY	Yoga Flow MELANIE	Hatha Yoga KATHY		Yoga Flow MAUREEN
2:00 PM		Beginner Line Dancing JOE S.				
3:00 PM		AB Line Dancing JOE S.				
5:00 PM	Power Pump MAUREEN	Zumba® JOSIE	G.R.I.T. MAUREEN	Pilates BRENDA		

### SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Cycle GIB		Power Cycle LORI		Power Cycle INGRID	
10:00 AM			Zumba® JESSICA			

### 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	

### SPECIAL PROGRAMMING

#### HEALTH COACHING WORKSHOP

SATURDAY, SEPTEMBER 10, 2022 • 9 AM • RANCH STUDIO

#### VIRTUAL WORKOUT

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

