

RIVER PLACE COUNTRY CLUB GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am	Cycling		Cycling			
8:30 am	Cardio Kickboxing	Cycling	Balance, Strength & Core	Cycling Athletic Barre	Cycling LIFT	Cycling
9:30 am	Balance, Strength & Core	Boot Camp	LIFT	Yoga	Pilates	Yoga
6:00 pm	Yoga	Qi Gong	Yoga			
7:30 pm				Dance (10/19)		

Fitness Premier Small Group Training

6:00 am	Core Power		Core Power		Core Power	
8:00 am		KB Strength		KB Strength		
11:00 am		Fit For Life		Fit For Life		
12:00 pm	M.A.D.E		M.A.D.E		M.A.D.E	
6:00 pm	Fit with HIIT	Boxing	Fit with HIIT	Boxing		

River Place Fitness Center | 512-346-1114 x3911 | mdimanoff@riverplaceclub.com
RSVP for Fitness Center, Group Fitness Classes & Small Group Training on ForeTees

