



Group Fitness Studio

Summer 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LES MILLS sprint 5:30-6:00PM Ashley	LES MILLS RPM 5:00-5:45PM Janelle			

LES MILLS RPM™ - RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS sprint **SPRINT** - LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.