

RPM

FITNESS

TUESDAY

12:15 PM YOGA

A mixture of Yin and Vinyasa yoga to improve balance, strength, mobility, and flexibility.

5:45 PM KICKBOXING

A martial art-inspired group fitness format that is both heart-pumping and exhilarating using punches and kicks from disciplines such as karate, Muay Thai, and traditional boxing.

WEDNESDAY

12:15 PM MUSCLE MAYHEM

Strength training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance.

THURSDAY

5:45 PM BEGINNER YOGA

A yoga class ideal for novice yogis and those who are looking for a deep stretch to finish the week.

GROUP FITNESS SCHEDULE

POWERED BY:

