

FITNESS CLASSES SCHEDULE

MON

6AM | BOOTCAMP | RAFA
7AM | YOGA | KRISTEL
8AM | FULL BODY WEIGHT | EDITH
10AM | SENIOR CLASS | HISAKO
6PM | LOWER BODY BOOTCAMP | ELVIRA
7PM | LATIN DANCE | OMAR

TUE

6AM | HARDCORE ABS | RAFA
8AM | FULLBODY STRENGTH | EDITH
6PM | UPPER BODY BOOTCAMP | ELVIRA

WED

6AM | CARDIO BLAST | RAFA
7AM | YOGA | KRISTEL
8AM | FULL BODY HIIT | EDITH
10AM | SENIOR CLASS | HISAKO
6PM | FULL BODY BOOTCAMP | ELVIRA

THU

6AM | STRENGTH TRAINING | RAFA
8AM | STRENGTH & CARDIO | EDITH
6PM | CARDIO KICKBOXING | ELVIRA

FRI

6AM | CARDIO BLAST | RAFA
7AM | YOGA | KRISTEL
8AM | FULL BODY TABATA | EDITH
10AM | SENIOR CLASS | HISAKO

SAT

9AM | FULL BODY HIIT | EDITH

RVRCC.COM **MEMBERS ONLY** (956) 350-4000

Ask about our unlimited fitness pass for only \$25/mo | General Members Only