

RIVER PLACE COUNTRY CLUB

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	RP Ride		RP Ride			
8:30am	Cardio Kickboxing	RP Ride	Balance, Strength & Core	*RP Ride *Athletic Barre	Lift	RP Ride
9:00am					Pedal & Pump	
9:30am	Balance, Strength & Core	Boot Camp	Stability & Stamina	Vinyasa Flow	Pilates	Moon Flow
6:00pm	Gentle Hatha	Quigong	Vinyasa Flow <i>*Starting June 7th</i>			

FITNESS PREMIER SMALL GROUP TRAINING

6:00am	Fit for Life		Fit for Life		Fit for Life	
12:00pm	M.A.D.E		M.A.D.E		M.A.D.E	
6:00pm	Fit with HIIT	Boxing	Fit with HIIT	Boxing		

River Place Fitness Center | 512.346.1114 x3911 | mdimanoff@riverplaceclub.com

RSVP for Fitness Center Reservations, Group Fitness Classes & Small Group Training on your ForeTees App

