



# JANUARY 2012

Rapid Fitness North Ridge 6150 Falls of Neuse Rd Raleigh 919 790 2400

Club Hours M-Th 5am-11pm, Fri 5am-10pm, Sat & Sun 8am-7pm

Kidz Club Hours M-Th 9-1pm & 3pm-830pm Fri 9am-1pm & 3pm-7pm Sat 8am-2pm Sun 1pm-6pm

2			3			4			5			6			7		
Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
6:00 AM	RPM	Issy	9:30 AM	RPM	Monica	6:00 AM	Cardio & Core	Virgil	9:30 AM	<b>Sculpt &amp; Core NEW!</b>	Virgil	6:00 AM	RPM	Chris	8:30 AM	Zumba	Gigi
9:30 AM	Zumba	Kandance	10:30 AM	BODYPUMP	Christy	9:30 AM	Cardio Fitness	Heather	10:35 AM	RPM	Monica	9:30 AM	Zumba	Sonia	8:30 AM	RPM 60	Chris
9:30 AM	Water Fitness	Katy	5:30 PM	RPM	Naomi	9:30 AM	Water Fitness	Bonny	5:30 PM	BODYPUMP	Aiyo	9:30 AM	Water Fitness	Katy	9:00 AM	Water Fitness	Bonny
5:00 PM	Core Fitness	Virgil	5:30 PM	Zumba	Sonia	10:20 AM	BODYFLOW	Naomi	6:35 PM	RPM	Chris	5:45 PM	BODYFLOW	Renee	9:30 AM	Core Fitness	Virgil
5:30 PM	<b>BODYJAM NEW!</b>	Johnna	6:35PM	BODYFLOW	Naomi	5:00 PM	<b>BOOT CAMP DEMO</b>	Virgil		<b>TECHNIQUE</b>			<b>TECHNIQUE</b>		10:05 AM	BODYPUMP	Gigi
5:30 PM	RPM	Monica				5:30 PM	BODYCOMBAT	Issy	6:35 PM	<b>BODYJAM NEW!</b>	Johnna				11:01 AM	BODYFLOW	Gigi
6:35 PM	BODYPUMP	Renee				5:30 PM	RPM	Raynell	6:45 PM	Water Fitness	Bonny						
6:35 PM	Water Fitness	Kelly				6:35 PM	BODYPUMP	Naomi	7:35 PM	<b>BODYFLOW NEW!</b>	Buda						
						7:35 PM	Core Fitness	Virgil									
9			10			11			12			13			14		
Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
6:00 AM	RPM	Issy	9:30 AM	RPM	Monica	6:00 AM	Cardio & Core	Virgil	9:30 AM	<b>Sculpt &amp; Core NEW!</b>	Virgil	6:00 AM	RPM	Chris	8:30 AM	Zumba	Gigi
9:30 AM	<b>Zumba Basics</b>	Kandance	10:30 AM	BODYPUMP	Christy	9:30 AM	Cardio Fitness	Heather	10:35 AM	RPM	Naomi	9:30 AM	Zumba	Sonia	8:30 AM	RPM 60	Chris
9:30 AM	Water Fitness	Katy	5:30 PM	RPM	Naomi	9:30 AM	Water Fitness	Bonny	5:30 PM	BODYPUMP	Robyn	9:30 AM	Water Fitness	Jaquie	9:00 AM	Water Fitness	Bonny
5:00 PM	Core Fitness	Virgil	5:30 PM	Zumba	Sonia	10:20 AM	BODYFLOW	Naomi	6:35 PM	RPM 60	Chris	5:45 PM	BODYFLOW	Renee	9:30 AM	Core Fitness	Virgil
5:30 PM	<b>BODYJAM NEW!</b>	Johnna	6:35PM	BODYFLOW	Naomi	5:30 PM	BODYCOMBAT	Naomi	6:35 PM	<b>BODYJAM NEW!</b>	Johnna				10:05 AM	BODYPUMP	Gigi
5:30 PM	RPM	Mary				5:30 PM	BODYCOMBAT	Issy	6:45 PM	Water Fitness	Bonny				11:01 AM	BODYFLOW	Gigi
6:35 PM	BODYPUMP	Renee				5:30 PM	RPM	Raynell	7:35 PM	<b>BODYFLOW NEW!</b>	Buda						
6:35 PM	Water Fitness	Kelly				6:35 PM	<b>BODYPUMP</b>	Naomi									
							<b>TECHNIQUE</b>										
							<b>NO CORE FITNESS</b>										
16			17			18			19			20			21		
Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
6:00 AM	RPM	Issy	9:30 AM	RPM	Monica	6:00 AM	Cardio & Core	Virgil	9:30 AM	<b>Sculpt &amp; Core NEW!</b>	Virgil	6:00 AM	RPM	Chris	8:30 AM	Zumba	Gigi
9:30 AM	Zumba	Kandance	10:30 AM	BODYPUMP	Christy	9:30 AM	Cardio Fitness	Heather	10:35 AM	RPM	Monica	9:30 AM	Zumba	Sonia	8:30 AM	RPM 60	Chris
9:30 AM	Water Fitness	Sonia	5:30 PM	RPM	Naomi	9:30 AM	Water Fitness	Bonny	5:30 PM	BODYPUMP	TEAM	9:30 AM	Water Fitness	Katy	9:00 AM	Water Fitness	Bonny
5:00 PM	Core Fitness	Virgil	5:30 PM	Zumba	Sonia	10:20 AM	BODYFLOW	Naomi	6:35 PM	RPM 60	Chris	5:45 PM	BODYFLOW	Renee	9:30 AM	Core Fitness	Virgil
5:30 PM	<b>BODYJAM NEW!</b>	Johnna	6:35PM	BODYFLOW	Naomi	5:30 PM	BODYCOMBAT	Issy	6:35 PM	<b>BODYJAM</b>	TEAM				10:05 AM	BODYPUMP	Gigi
5:30 PM	RPM	Monica				5:30 PM	RPM	Raynell	6:45 PM	Water Fitness	Bonny				11:01 AM	BODYFLOW	Gigi
6:35 PM	BODYPUMP	Renee				6:35 PM	BODYPUMP	Jennifer	7:35 PM	<b>BODYFLOW NEW!</b>	Buda						
6:35 PM	Water Fitness	Kelly					<b>NO CORE FITNESS</b>										
23			24			25			26			27			28		
Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
6:00 AM	RPM	Issy	9:30 AM	RPM	Monica	6:00 AM	Cardio & Core	Virgil	9:30 AM	<b>Sculpt &amp; Core NEW!</b>	Virgil	6:00 AM	RPM	Chris	8:30 AM	Zumba	Gigi
9:30 AM	Zumba	Kandance	10:30 AM	<b>TECHNIQUE</b>	Christy	9:30 AM	Cardio Fitness	Heather	10:35 AM	RPM	Naomi	9:30 AM	Zumba	Sonia	8:30 AM	RPM 60	Chris
9:30 AM	Water Fitness	Sonia	5:30 PM	BODYPUMP	Christy	9:30 AM	Water Fitness	Bonny	5:30 PM	BODYPUMP	Robyn	9:30 AM	Water Fitness	Katy	9:00 AM	Water Fitness	Bonny
5:00 PM	Core Fitness	Virgil	5:30 PM	RPM	Naomi	10:20 AM	BODYFLOW	Naomi	6:35 PM	<b>TECHNIQUE</b>		5:45 PM	BODYFLOW	Renee	9:30 AM	Core Fitness	Virgil
5:30 PM	<b>BODYJAM NEW!</b>	Johnna	5:30 PM	Zumba	Sonia	5:30 PM	BODYCOMBAT	Issy	6:35 PM	RPM 60	Chris				10:05 AM	BODYPUMP	Gigi
5:30 PM	RPM	Monica	6:35PM	BODYFLOW	Naomi	5:30 PM	<b>TECHNIQUE</b>		6:35 PM	<b>BODYJAM NEW!</b>	Johnna				11:01 AM	BODYFLOW	Gigi
6:35 PM	BODYPUMP	Renee				5:30 PM	RPM	Raynell	6:45 PM	Water Fitness	Bonny						
6:35 PM	Water Fitness	Kelly				6:35 PM	BODYPUMP	Jennifer	7:35 PM	<b>BODYFLOW NEW!</b>	Buda						
							<b>NO CORE FITNESS</b>										
30			31														
Monday			Tuesday														
6:00 AM	RPM	Issy	9:30 AM	RPM	Monica												
9:30 AM	Zumba	Kandance	10:30 AM	BODYPUMP	Christy												
9:30 AM	Water Fitness	Sonia	5:30 PM	RPM	Naomi												
5:00 PM	Core Fitness	Virgil	5:30 PM	Zumba	Sonia												
5:30 PM	<b>BODYJAM NEW!</b>	Johnna	6:35PM	BODYFLOW	Naomi												
5:30 PM	RPM	Monica		<b>TECHNIQUE</b>													
6:35 PM	BODYPUMP	Renee															
6:35 PM	Water Fitness	Kelly															



Questions/ Comments/ To receive group fitness schedule via email. Contact naomiguifarrorgf@gmail.com Naomi Guifarro-Nicholls Glenwood Group Fitness Manager

Members... Haven't tried hot yoga? One week membership to yoga is complimentary! Participants must sign in at the front desk & receive a pass to be given to your instructor at the beginning of each class.

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Kidz Club Hours M-Th 9am-1pm & 3pm-830pm Fr 9am-1pm & 3pm- 7pm Sat 8am- 2pm Sun 1pm-6pm

									Saturday								
									10:00-11:10AM	Open Flow	Issy						
									1	Sunday							
									1:00-2:15PM	Open Flow	Patricia						
2	Monday		3	Tuesday		4	Wednesday		5	Thursday		6	Friday	7	Saturday		
10AM- 11:10AM	Strength & Stretch	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina	11AM-12:10PM	Open Flow	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina	12:00PM- 1:00PM	Yoga Fusion	Giannina	10:00-11:10AM	Open Flow	Issy
6:35PM-7:45 PM	Yoga Fusion	Patricia	7:15-8:15PM	Yoga Fusion	Lynn	5:30PM-6:30PM	Power Flow	Laura	10:30-11:30AM	Gentle Yoga	Laura				8	Sunday	
						6:30-7:00 PM	Renew & Relax	Laura	6:35PM-7:45 PM	Strength & Stretch	Jacquie				1:00-2:15PM	Open Flow	Issy
							Yoga										
9	Monday		10	Tuesday		11	Wednesday		12	Thursday		13	Friday	14	Saturday		
10AM- 11:10AM	Strength & Stretch	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina	11AM-12:10PM	Open Flow	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina	12:00PM- 1:00PM	Yoga Fusion	Giannina	10:00-11:10AM	Open Flow	Issy
6:35PM-7:45 PM	Yoga Fusion	Patricia	7:15-8:15PM	Yoga Fusion	Lynn	5:30PM-6:30PM	Power Flow	Laura	10:30-11:30AM	Gentle Yoga	Laura				15	Sunday	
						6:30-7:00 PM	Renew & Relax	Laura	6:35PM-7:45 PM	Strength & Stretch	Jacquie				1:00-2:15PM	Open Flow	Patricia
							Yoga										
16	Monday		17	Tuesday		18	Wednesday		19	Thursday		20	Friday	21	Saturday		
10AM- 11:10AM	Strength & Stretch	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina	11AM-12:10PM	Open Flow	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina	12:00PM- 1:00PM	Yoga Fusion	Giannina	10:00-11:10AM	Open Flow	Issy
6:35PM-7:45 PM	Yoga Fusion	Patricia	7:15-8:15PM	Yoga Fusion	Lynn	5:30PM-6:30PM	Power Flow	Laura	10:30-11:30AM	Gentle Yoga	Kristen				22	Sunday	
						6:30-7:00 PM	Renew & Relax	Laura	6:35PM-7:45 PM	Strength & Stretch	Jacquie				1:00-2:15PM	Open Flow	Patricia
							Yoga										
23	Monday		24	Tuesday		25	Wednesday		26	Thursday		27	Friday	28	Saturday		
<b>YOGA WEEK ! ~YOGA WEEK ! ~YOGA WEEK ! ~YOGA WEEK ! ~YOGA WEEK ! ~YOGA WEEK ! ~YOGA WEEK ! ~</b>																	
10AM- 11:10AM	YOGA FOR A HEALTHY BACK & NECK	Jacquie	6:00-7:00AM	HIP OPENING	Giannina	11AM-12:10PM	HIP OPENERS	Jacquie	6:00-7:00AM	TWISTS WORKSHOP	Giannina	12:00PM- 1:00PM	50/50	Giannina	10:00-11:10AM	YOGA WITH A TWIST	Issy
															29	Sunday	
			7:15-8:15PM	WARRIOR WORKSHOP	Lynn	5:30PM-6:30PM	ARM BALANCE POWER FLOW	Laura	10:30-11:30AM	GENTLE YOGA WITH PROPS	Laura						
6:35PM-7:45 PM	BEGINNERS HOT YOGA	Patricia				6:30-7:00 PM	PRANAYAMA	Laura	6:35PM-7:45 PM	CORE POWER YOGA	Jacquie				1:00-2:15PM	MEDITATION & PRANAYAMA	Patricia
30	Monday		31	Tuesday		<p><b>"Yoga is a light, which once lit, will never dim. Then better your practice the brighter the flame."</b></p> <p><b>B.K.S Iyengar</b></p>											
10AM- 11:10AM	Strength & Stretch	Jacquie	6:00-7:00AM	Yoga Fusion	Giannina												
6:35PM-7:45 PM	Yoga Fusion	Patricia	7:15-8:15PM	Yoga Fusion	Lynn												

Questions/ Comments/ To receive hot yoga schedule via email. Contact [naomiguifarrorgf@gmail.com](mailto:naomiguifarrorgf@gmail.com) Naomi Guifarro-Nicholls Glenwood Group Fitness