

# MAY 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 3pm-6pm


1 Tuesday			2 Wednesday			3 Thursday			4 Friday			5 Saturday					
9:30 AM RPM	Monica		6:00 AM Cardio Sculpt	Virgil		9:30 AM Cardio Sculpt	Virgil		6:00 AM RPM	Chris		8:30 AM BODYJAM	Marie				
10:30 AM BODYPUMP	Christy		9:30 AM Cardio Fitness	Heather		10:35 AM RPM	Roger		9:30 AM Zumba	Sonia		8:30 AM RPM 60	Chris				
5:30 PM RPM	Naomi		9:30 AM Water Fitness	Bonny		5:30 PM BODYPUMP	Robyn		9:30 AM Water Fitness	Katy		9:00 AM Water Fitness	Bonny				
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	Nancy				
6:35PM BODYFLOW	Naomi		5:30 PM BODYCOMBAT	Issy		6:35 PM BODYJAM	Johnna					10:05 AM BODYPUMP	Nancy				
			5:30 PM RPM	Raynell		6:45 PM Water Fitness	Bonny					11:10 AM BODYFLOW	Liz				
			6:35 PM BODYPUMP	Nancy		7:35 PM BODYFLOW	Liz					6 Sunday					
			7:35 PM Core Fitness	Nancy								3:00 PM BODYCOMBAT	Liz				
												4:00 PM BODYFLOW	Renee				
7 Monday			8 Tuesday			9 Wednesday			10 Thursday			11 Friday			12 Saturday		
6:00 AM RPM	Mallory		9:30 AM RPM	Monica		6:00 AM Cardio Sculpt	Virgil		9:30 AM Cardio Sculpt	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	Issy		9:30 AM Zumba	Sonia		8:30 AM RPM 60	Chris	
5:00 PM Core Fitness	Katy		5:30 PM RPM	Naomi		9:30 AM Water Fitness	Bonny		5:30 PM BODYPUMP	Robyn		9:30 AM Water Fitness	Katy		9:00 AM Water Fitness	Bonny	
5:30 PM BODYJAM	Johnna		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	Gigi	
5:30 PM RPM	Monica		6:35PM BODYFLOW	Naomi		5:30 PM BODYCOMBAT	Issy		6:35 PM BODYJAM	Johnna					10:05 AM BODYPUMP	Gigi	
6:35 PM BODYPUMP	Aiyo					5:30 PM RPM	Raynell		6:45 PM Water Fitness	Bonny					11:10 AM BODYFLOW	Wendy	
6:35 PM Aqua Zumba	Zandy					6:35 PM BODYPUMP	Gigi		7:35 PM BODYFLOW	Liz							
						7:35 PM Core Fitness	Gigi								13 Sunday		
												3:00 PM BODYCOMBAT	Allison				
												4:00 PM BODYFLOW	Renee				
14 Monday			15 Tuesday			16 Wednesday			17 Thursday			18 Friday			19 Saturday		
6:00 AM RPM	Mallory		9:30 AM RPM	Monica		6:00 AM Cardio Sculpt	Virgil		9:30 AM Cardio Sculpt	Virgil		6:00 AM RPM	Chris		8:30 AM Zumba	Gigi	
9:30 AM Zumba	Giannina		10:30 AM BODYPUMP	Christy		9:30 AM Cardio Fitness	Heather		10:35 AM RPM	Roger		9:30 AM Zumba	Sonia		8:30 AM RPM 60	Chris	
5:00 PM Core Fitness	Katy		5:30 PM RPM	Mallory		9:30 AM Water Fitness	Bonny		5:30 PM BODYPUMP	Robyn		9:30 AM Water Fitness	Katy		9:00 AM Water Fitness	Bonny	
5:30 PM BODYJAM	Johnna		5:30 PM BODYJAM	Naomi		10:20 AM BODYFLOW	Naomi		6:35 PM RPM 60	Chris		5:45 PM BODYFLOW	Renee		9:30 AM Core Fitness	Gigi	
5:30 PM RPM	Sonia		6:35PM BODYFLOW	Naomi		5:30 PM BODYCOMBAT	Issy		6:35 PM BODYJAM	Johnna					10:05 AM BODYPUMP	Gigi	
6:35 PM BODYPUMP	Aiyo					5:30 PM RPM	Raynell		6:45 PM Water Fitness	Bonny					11:10 AM BODYFLOW	Wendy	
6:35 PM Aqua Zumba	Zandy					6:35 PM BODYPUMP	Gigi		7:35 PM BODYFLOW	Liz							
						7:35 PM Core Fitness	Gigi								20 Sunday		
												3:00 PM BODYCOMBAT	Liz				
												4:00 PM BODYFLOW	Renee				
21 Monday			22 Tuesday			23 Wednesday			24 Thursday			25 Friday			26 Saturday		
6:00 AM RPM	Mallory		9:30 AM RPM	Monica		6:00 AM Cardio Sculpt	Virgil		9:30 AM Cardio Sculpt	Virgil		6:00 AM RPM	Chris		Modified Schedule due to Holiday		
9:30 AM Zumba	Kandance		10:30 AM BODYPUMP	Christy		9:30 AM Cardio Fitness	Heather		10:35 AM RPM	Roger		9:30 AM Zumba	Kandance				
9:30 AM Water Fitness	Sonia		5:30 PM RPM	Naomi		9:30 AM Water Fitness	Bonny		5:30 PM BODYPUMP	Aiyo		9:30 AM Water Fitness	Katy		8:30 AM RPM 90	Chris	
5:00 PM Core Fitness	Katy		5:30 PM Zumba	Sonia		10:20 AM BODYFLOW	Naomi		6:35 PM RPM 60	Chris		5:45 PM BODYFLOW	Renee		Mins		
5:30 PM BODYJAM	Johnna		6:35PM BODYFLOW	Naomi		5:30 PM BODYCOMBAT	Issy		6:35 PM BODYJAM	Johnna							
5:30 PM RPM	Roger					5:30 PM RPM	Raynell		6:45 PM Water Fitness	Bonny							
6:35 PM BODYPUMP	Aiyo					6:35 PM BODYPUMP	Gigi		7:35 PM BODYFLOW	Liz							
6:35 PM Aqua Zumba	Zandy					7:35 PM Core Fitness	Gigi										
28 Monday			29 Tuesday			30 Wednesday			31 Thursday			YELLOW= CLASS ON WATCH DUE TO LOW ATTENDANCE. PLEASE SAVE THE CLASS AND VOTE WITH YOUR FEET			27 Sunday		
Modified Schedule due to Holiday			9:30 AM RPM	Monica		6:00 AM Cardio Sculpt	Virgil		9:30 AM Cardio Sculpt	Virgil		GREY= POOL			Modified Schedule due to Holiday		
			10:30 AM BODYPUMP	Christy		9:30 AM Cardio Fitness	Heather		10:35 AM RPM	Roger		BLUE= RPM			10:00 AM Quad Step Robyn		
			5:30 PM RPM	Naomi		9:30 AM Water Fitness	Bonny		5:30 PM BODYPUMP	Robyn							
			5:30 PM Zumba	Sonia		10:20 AM BODYFLOW	Naomi		6:35 PM RPM 60	Chris							
			6:35PM BODYFLOW	Naomi		5:30 PM BODYCOMBAT	Issy		6:35 PM BODYJAM	Johnna							
						5:30 PM RPM	Raynell		6:45 PM Water Fitness	Bonny							
						6:35 PM BODYPUMP	Gigi		7:35 PM BODYFLOW	Liz							
						7:35 PM Core Fitness	Gigi										



Questions/ Comments/ To receive group fitness schedule via email. Contact naomichollsrfg@gmail.com Naomi Nicholls North Ridge Group Fitness Manager

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 Kidz Club Hours M-Th 9am-1pm & 3pm-830pm Fr 9am-130pm & 3pm- 7pm Sat 8am- 2pm Sun 1pm-6pm

			1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday
			6:00-7:00AM	Yoga Fusion <i>Issy</i>					6:00-7:00AM	Yoga Fusion <i>Kristen</i>	10:00-11:10AM	Open Flow <i>Issy</i>
					11AM-12:10PM	Open Flow <i>Jacque</i>			12:00PM- 1:00Pn	Yoga Fusion <i>Giannina</i>		
			7:15-8:15PM	Yoga Fusion <i>Lynn</i>	5:30PM-6:30PM 6:30-7:00 PM	Power Flow Renew & Relax Yoga <i>Laura</i>	6:35PM-7:45 PM	Strength & Stretch <i>Jacque</i>				6
7	Monday		8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12	Saturday
			6:00-7:00AM	Yoga Fusion <i>Issy</i>					6:00-7:00AM	Yoga Fusion <i>Kristen</i>	10:00-11:10AM	Open Flow <i>Issy</i>
		10AM- 11:10AM	Strength & Stretch <i>Giannina</i>		11AM-12:10PM	Open Flow <i>Jacque</i>			12:00PM- 1:00Pn	Yoga Fusion <i>Giannina</i>		
		6:35PM-7:45 PM	Yoga Fusion <i>Kristen</i>		5:30PM-6:30PM 6:30-7:00 PM	Power Flow Renew & Relax Yoga <i>Laura</i>	6:35PM-7:45 PM	Strength & Stretch <i>Jacque</i>				
				7:15-8:15PM	Yoga Fusion <i>Lynn</i>						1:30-2:45PM	Open Flow <i>Issy</i>
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			6:00-7:00AM	Yoga Fusion <i>Issy</i>					6:00-7:00AM	Yoga Fusion <i>Kristen</i>		
		10AM- 11:10AM	Strength & Stretch <i>Jacque</i>		11AM-12:10PM	Open Flow <i>Jacque</i>			12:00PM- 1:00Pn	Yoga Fusion <i>Giannina</i>		
		6:35PM-7:45 PM	Yoga Fusion <i>Kristen</i>		5:30PM-6:30PM 6:30-7:00 PM	Power Flow Renew & Relax Yoga <i>Laura</i>	6:35PM-7:45 PM	Strength & Stretch <i>Jacque</i>				
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21	Monday		22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26	Saturday
			6:00-7:00AM	Yoga Fusion <i>Issy</i>					NO CLASSES TODAY HAPPY MEMORIAL DAY WEEKEND		NO CLASSES TODAY HAPPY MEMORIAL DAY WEEKEND	
		10AM- 11:10AM	Strength & Stretch <i>Jacque</i>		11AM-12:10PM	Open Flow <i>Jacque</i>						
		6:35PM-7:45 PM	Yoga Fusion <i>Kristen</i>		5:30PM-6:30PM 6:30-7:00 PM	Power Flow Renew & Relax Yoga <i>Laura</i>	6:35PM-7:45 PM	Strength & Stretch <i>Jacque</i>				
				7:15-8:15PM	Yoga Fusion <i>Lynn</i>							
30	Monday		29	Tuesday	30	Wednesday	31	Thursday				
NO CLASSES TODAY HAPPY MEMORIAL DAY WEEKEND			6:00-7:00AM	Yoga Fusion <i>Issy</i>								
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