



March 2010

Classes in Yellow/Italic are being WATCHED For Attendance.

Don't want to see them go?
SAVE THIS CLASS By Attending!

Thur, RPM Has Moved To 9:30am

Featuring Latin Fusion with Luis Wed,
 March 10th at 6pm

Color Code
 White= Main Studio
 Blue=Cycling Studio
 Gray=Yoga/Pilates

Rapid Fitness
 7101 Glenwood Avenue
 Raleigh, NC 27612
 919.510.6994

Kidz Club Hours:
 Monday-Friday 8:30 AM-8:30 PM
 (closed 1:30-2:30)
 Saturday 8 AM- 2 PM Sunday 1-6 PM
 ~3 Hour Time Limit for Workouts~

Questions/Comments or Receive
 Monthly Schedule
 via email.
 Contact:
 Ellen Lawson
 Regional Group Fitness Manager
 ellenlawsonrgf@gmail.com

Upgrade To A Passport
 Membership
 And Take
 ANY Class At ANY Rapid
 Fitness Location

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:45AM RPM 9:30AM BODYSTEP 10:35AM BODYFLOW 6:00PM BODYSTEP 6:00PM RPM 7:05 Kickboxing 7:00PM BODYFLOW	2 6:00AM BODYPUMP Express Summer 9:30AM Zumba 5:30PM BODYFLOW 5:45PM BODYPUMP 6:50PM BODYCOMBAT	3 6:00AM Cycling Express 9:30AM BODYPUMP 10:35AM Cycling 5:45-6PM JAM Preview 6:00PM BODYJAM 6:00PM Cycling 7:05 Core Fitness	4 6:00AM Kickboxing 9:30-10:15 Core Fitness 9:30AM-RPM New Time 5:30PM BODSTEP 6:00PM RPM 6:35PM BODYPUMP 7:00PM BODYFLOW	5 6:00AM BODYPUMP Express 9:30AM BODYPUMP 10:40AM BODYFLOW 5:30-5:45PM JAM Preview 5:45PM BODYJAM 6:00PM RPM	6 9:00AM BODYPUMP 9:00AM RPM 10:05AM BODYSTEP 10:05AM Yoga 11:10AM Latin Fusion
8 5:45AM RPM 9:30AM BODSTEP 10:35AM BODYFLOW 6:00PM BODYSTEP 6:00 RPM 7:05PM Kickboxing 7:00PM-BODYFLOW	9 6:00AM BODYPUMP Express Summer 9:30AM Zumba 5:30PM BODYFLOW 5:45 BODYPUMP 6:50PM BODYCOMBAT	10 6:00AM Cycle Express 9:30AM BODYPUMP 10:35AM Cycling Special Offering tonight... 6:00PM Latin Fusion 6:00PM Cycling 7:05 Core Fitness	11 6:00AM Kickboxing 9:30-10:15 Core Fitness 9:30AM RPM New Time 5:30PM BODYSTEP 6:00PM RPM 6:35 BODYPUMP 7:00 BODYFLOW	12 6:00 AM BODYPUMP Express 9:30AM BODYPUMP 10:40AM BODYFLOW 5:30-5:45 JAM Preview 5:45PM BODYJAM 6:00PM RPM	13 9:00AM BODYPUMP 9:00AM RPM 10:05AM BODYSTEP 10:05AM Yoga 11:10AM Latin Fusion
15 5:45AM RPM 9:30AM BODYSTEP 10:35AM BODYFLOW 6:00PM BODYSTEP 6:00 RPM 7:05PM Kickboxing 7:00PM-BODYFLOW	16 6:00AM BODYPUMP Express Summer 9:30AM Zumba 5:30PM BODYFLOW 5:45PM BODYPUMP 6:50PM BODYCOMBAT	17 6:00AM Cycle Express 9:30AM BODYPUMP 10:35AM Cycling 5:45-6:00PM JAM Preview 6:00PM BODYJAM 6:00PM Cycling 7:05 Core Fitness	18 6:00AM Kickboxing 9:30-10:15 Core Fitness 9:30AM RPM New Time 5:30PM BODYSTEP 6:00PM RPM 6:35 BODYPUMP 7:00 BODYFLOW	19 6:00 AM BODYPUMP Express 9:30 AM BODYPUMP 10:40AM BODYFLOW 5:30-5:45 JAM Preview 5:45PM BODYJAM 6:00PM RPM	20 9:00AM BODYPUMP 9:00AM RPM 10:05AM BODYSTEP 10:05AM Yoga 11:10AM Latin Fusion
22 5:45AM RPM 9:30AM BODYSTEP 10:35AM BODYFLOW 6:00PM BODYSTEP 6:00PM RPM 7:05PM Kickboxing 7:00PM-BODYFLOW	23 6:00AM BODYPUMP Express Summer 9:30AM Zumba 5:30PM BODYFLOW 5:45PM BODYPUMP 6:50PM BODYCOMBAT	24 6:00AM Cycle Express 9:30AM BODYPUMP 10:35AM Cycling 5:45-6:00PM JAM Preview 6:00PM BODYJAM 6:00PM Cycling 7:05 Core Fitness	25 6:00AM Kickboxing 9:30-10:15 Core Fitness 9:30AM RPM New Time 5:30PM BODSTEP 6:00PM RPM 6:35 BODYPUMP 7:00 BODYFLOW	26 6:00AM BODYPUMP Express 9:30AM BODYPUMP 10:40AM BODYFLOW 5:30-5:45PM JAM Preview 5:45PM BODYJAM 6:00PM RPM	27 9:00AM BODYPUMP 9:00AM RPM 10:05AM BODYSTEP 10:05AM Yoga 11:10AM Latin Fusion
29 5:45AM RPM 9:30AM BODYSTEP 10:35AM BODYFLOW 6:00PM BODYSTEP 6:00PM RPM 7:05PM Kickboxing 7:00PM-BODYFLOW	30 6:00AM BODYPUMP Express Summer 9:30AM Zumba 5:30PM BODYFLOW 5:45PM BODYPUMP 6:00PM RPM 6:50PM BODYCOMBAT	31 6:00AM Cycle Express 9:30AM BODYPUMP 10:35AM Cycling 5:45-6:00PM JAM Preview 6:00PM BODYJAM 6:00PM Cycling 7:05 Core Fitness			



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