



~March 2010~

Added This Month...

\*Core Fitness, Tuesday, 7:05pm  
Work your abs, obliques, hips, butt and thighs with  
Andrew, Certified Personal Trainer

\*RPM EVERY Saturday, 9:30am

New Time For...

Monday, BODYPUMP now 12:15pm  
Saturday BOSU Class, now 9:30am  
Tuesday Zumba, now at 6:00pm

Meet & Greet Your New GFM, Ellen  
Sat March 13 10:40AM BODYPUMP

Color Code  
White=Main Studio  
Blue=Cycling Studio

Rapid Fitness Downtown  
509 West North Street  
Raleigh, NC 27612  
919.232.7069

Kidz Club Hours:  
Monday-Friday 8 AM-8:30 PM  
(closed 1:30-2:30)  
Saturday 8 AM- 2 PM Sunday 1-4 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
<b>1</b> 6:00AM RPM 60 Paul 9:30AM BODYPUMP Gigi 12:15 BODYPUMP Express Ellen 5:30 BODYSTEP Express Susannah 6:00 RPM 60 Paul 6:25 BODYPUMP Erica 7:30 BODYFLOW Renee	<b>2</b> 6:00AM BODYPUMP Keven 12:15 BODYFLOW Express Gigi 6:00PM Zumba <i>New Time</i> 7:05pm Core Fitness <i>New!</i> Andrew	<b>3</b> 6:00AM Kickboxing Matt 12PM BODYPUMP Express Katie 5:30PM BOSU (50 MIN) Pilar 6:15PM RPM Summer 7:30PM Pilates Summer	<b>4</b> 6:00AM BODYSTEP Susannah 12:15PM RPM Michelle 6:00PM BODYPUMP Gigi 7:10PM Gentle Yoga Sarah	<b>5</b> 6:00AM BODYPUMP Express Erica 11:30AM Zumba (45 Min) Gigi 12:15PM Core Fitness (30 Min) Gigi 5:30PM Cardio Sculpt Pilar	<b>6</b> 9:30AM RPM Monica 9:30AM BOSU <i>New Time!</i> Matt 10:40AM BODYPUMP Alison 11:50AM BODYFLOW Renee
<b>8</b> 6:00AM RPM 60 Paul 9:30AM BODYPUMP Gigi 12:15 BODYPUMP Express Ellen 5:30 BODYSTEP Express Susannah 6:00 RPM 60 Paul 6:25 BODYPUMP Erica 7:30 BODYFLOW Renee	<b>9</b> 6:00AM BODYPUMP Keven 12:15 BODYFLOW Express Gigi 6:00PM Zumba <i>New Time</i> 7:05pm Core Fitness <i>New!</i> Andrew	<b>10</b> 6:00AM Kickboxing Matt 12PM BODYPUMP Express Katie 5:30PM BOSU (50 MIN) Pilar 6:15PM Cycling Krystal 7:30PM Pilates Krystal	<b>11</b> 6:00AM BODYSTEP Susannah 12:15PM RPM Michelle 6:00PM BODYPUMP Gigi 7:10PM Gentle Yoga Jen	<b>12</b> 6:00AM BODYPUMP Express Erica 11:30AM Zumba (45 Min) Gigi 12:15PM Core Fitness (30 Min) Gigi 5:30PM Cardio Sculpt Pilar	<b>13</b> 9:30AM RPM Monica 9:30AM BOSU <i>New Time!</i> Pilar Meet Your New GFM... 10:40AM BODYPUMP Ellen 11:50AM BODYFLOW Renee
<b>15</b> 6:00AM RPM 60 Paul 9:30AM BODYPUMP Gigi 12:15 BODYPUMP Express Ellen 5:30 BODYSTEP Express Susannah 6:00 RPM 60 Paul 6:25 BODYPUMP Erica 7:30 BODYFLOW Renee	<b>16</b> 6:00AM BODYPUMP Keven 12:15 BODYFLOW Express Gigi 6:00PM Zumba <i>New Time</i> 7:05pm Core Fitness <i>New!</i> Andrew	<b>17</b> 6:00AM Kickboxing Lorraine 12PM BODYPUMP Express Katie 5:30PM BOSU (50 MIN) Pilar 6:15PM Cycling Krystal 7:30PM Pilates Krystal	<b>18</b> 6:00AM BODYSTEP Susannah 12:15PM RPM Michelle 6:00PM BODYPUMP Gigi 7:10PM Gentle Yoga Sarah	<b>19</b> 6:00AM BODYPUMP Express Erica 11:30AM Zumba (45 Min) Gigi 12:15PM Core Fitness (30 Min) Gigi 5:30PM Cardio Sculpt Pilar	<b>20</b> 9:30AM RPM Monica 9:30AM BOSU <i>New Time!</i> Pilar 10:40AM BODYPUMP Alison 11:50AM BODYFLOW Renee
<b>22</b> 6:00AM RPM 60 Paul 9:30AM BODYPUMP Gigi 12:15 BODYPUMP Express Ellen 5:30 BODYSTEP Express Susannah 6:00 RPM 60 Paul 6:25 BODYPUMP Erica 7:30 BODYFLOW Renee	<b>23</b> 6:00AM BODYPUMP Keven 12:15 BODYFLOW Express Gigi 6:00PM Zumba <i>New Time</i> 7:05pm Core Fitness <i>New!</i> Andrew	<b>24</b> 6:00AM Kickboxing Matt 12PM BODYPUMP Express Katie 5:30PM BOSU (50 MIN) Pilar 6:15PM Cycling Krystal 7:30PM Pilates Krystal	<b>25</b> 6:00AM BODYSTEP Susannah 12:15PM RPM Michelle 6:00PM BODYPUMP Gigi 7:10PM Gentle Yoga Jen	<b>26</b> 6:00AM BODYPUMP Express Erica 11:30AM Zumba (45 Min) Gigi 12:15PM Core Fitness (30 Min) Gigi 5:30PM Cardio Sculpt Pilar	<b>27</b> 9:30AM RPM Monica 9:30AM BOSU <i>New Time!</i> Matt 10:40AM BODYPUMP Alison 11:50AM BODYFLOW Renee
<b>29</b> 6:00AM RPM 60 Paul 9:30AM BODYPUMP Gigi 12:15 BODYPUMP Express Ellen 5:30 BODYSTEP Express Susannah 6:00 RPM 60 Paul 6:25 BODYPUMP Erica 7:30 BODYFLOW Renee	<b>30</b> 6:00AM BODYPUMP Keven 12:15 BODYFLOW Express Gigi 6:00PM Zumba <i>New Time</i> 7:05pm Core Fitness <i>New!</i> Andrew	<b>31</b> 6:00AM Kickboxing Matt 12PM BODYPUMP Express Katie 5:30PM BOSU (50 MIN) Pilar 6:15PM Cycling Krystal 7:30PM Pilates Krystal			<b>Sunday</b>



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