



March 2010

Group Fitness Schedule

Rapid Fitness North Ridge
 6150 Falls of Neuse Rd.
 Raleigh, NC 27612
 919.279.4491
Club Hours
 Monday - Friday: 5 AM - 11 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:00 AM RPM Summer 9:30 AM BODYPUMP Heather 5:30 PM Cardio Fitness Darise 6:35 PM BODYPUMP Rebecca 6:35 PM RPM Monica 6:35 PM Water Fitness Kelly	2 9:30 AM RPM Monica No Water Fitness Today! 5:30 PM Cycling Thomas 5:30 PM Hip Hop Hustle Sonia S. 6:35 PM BODYFLOW John	3 6:00 AM Step Fitness Mike 9:30 AM Cardio Fitness HB 10:35 AM BODYFLOW Lorraine 5:30 PM BODYPUMP Katie 6:35 PM RPM Heather 6:35 PM BODYSTEP Kathy	4 9:30 AM BOSU Fitness Kim P. 10:35 AM Pilates Lisa 5:30 PM RPM Chris 5:30 PM BODYSTEP Robyn S. 6:35 PM Zumba Zandy 7 PM Water Fitness Kim H.	5 6:00 AM BODYPUMP Rebecca 9:30 AM Zumba Ashley 5:30 PM BODYFLOW Renee	6 9 AM Step Fitness Erica 9 AM Water Fitness Bonnie 10:05 AM BODYPUMP Erica 11:10 AM Yoga Raynell Sunday 7 3 PM BODYFLOW Renee 4:05 PM Water Fitness Shannon 5:10 PM Zumba Sonia H.
8 6:00 AM RPM Summer 9:30 AM BodyPump Heather 5:30 PM Cardio Fitness Mike 6:35 PM BODYPUMP Rebecca 6:35 PM RPM Monica 6:35 PM Water Fitness Kelly	9 9:30 AM RPM Monica 10:35 AM Water Fitness Sonia H. 5:30 PM Cycling Thomas 5:30 PM Hip Hop Hustle Sonia S. 6:35 PM BODYFLOW John	10 6:00 AM Step Fitness Mike 9:30 AM Cardio Fitness HB 10:35 AM BODYFLOW Lorraine 5:30 PM BODYPUMP Katie 6:35 PM RPM Heather 6:35 PM BODYSTEP Kathy	11 9:30 AM BOSU Fitness Kim P. 10:35 AM Pilates Lisa 5:30 PM RPM Chris 5:30 PM BODYSTEP Robyn S. 6:35 PM Zumba Zandy 7 PM Water Fitness Kim H.	12 6:00 AM BODYPUMP Rebecca 9:30 AM Zumba Ashley 5:30 PM BODYFLOW Renee	13 9 AM Step Fitness Darise 9 AM Water Fitness Bonnie 10:05 AM BODYPUMP Robyn 11:10 AM Yoga Raynell Sunday 14 3 PM BODYFLOW Renee 4:05 PM Water Fitness Shannon 5:10 PM Zumba Sonia H.
15 6:00 AM RPM Summer 9:30 AM BodyPump Heather 5:30 PM Cardio Fitness Darise 6:35 PM BODYPUMP Rebecca 6:35 PM RPM Monica 6:35 PM Water Fitness Kelly	16 9:30 AM RPM Monica 10:35 AM Water Fitness Sonia H. 5:30 PM Cycling Thomas 5:30 PM Zumba Ashley 6:35 PM BODYFLOW John	17 6:00 AM Step Fitness Mike 9:30 AM Cardio Fitness HB 10:35 AM BODYFLOW Lorraine 5:30 PM BODYPUMP Katie 6:35 PM RPM Heather 6:35 PM BODYSTEP Kathy	18 9:30 AM BOSU Fitness Kim P. 10:35 AM Pilates Lisa 5:30 PM RPM Chris 5:30 PM BODYSTEP Robyn S. 6:35 PM Zumba Zandy 7 PM Water Fitness Kim H.	19 6:00 AM BODYPUMP Rebecca 9:30 AM Zumba Ashley 5:30 PM BODYFLOW Renee	20 9 AM Step Fitness Darise 9 AM Water Fitness Bonnie 10:05 AM BODYPUMP Erica 11:10 AM Yoga Raynell Sunday 21 3 PM BODYFLOW Renee 4:05 PM Water Fitness Beth 5:10 PM Zumba Sonia H.
22 6:00 AM RPM Lorraine 9:30 AM BODYPUMP Heather 5:30 PM Cardio Fitness Mike 6:35 PM BODYPUMP Rebecca 6:35 PM RPM Monica 6:35 PM Water Fitness Kelly	23 9:30 AM RPM Monica 10:35 AM Water Fitness Sonia H. 5:30 PM Cycling Thomas 5:30 PM Hip Hop Hustle Sonia S. 6:35 PM BODYFLOW John	24 6:00 AM Step Fitness Mike 9:30 AM Cardio Fitness HB 10:35 AM BODYFLOW Lorraine 5:30 PM BODYPUMP Katie 6:35 PM RPM Heather 6:35 PM BODYSTEP Kathy	25 9:30 AM BOSU Fitness Kim P. 10:35 AM Pilates Sonia H. 5:30 PM RPM Chris 5:30 PM BODYSTEP Robyn S. 6:35 PM Zumba Zandy 7 PM Water Fitness Kim H.	26 9:30 AM Zumba Ashley 5:30 PM BODYFLOW Renee	27 9 AM Step Fitness Mike 9 AM Water Fitness Bonnie 10:05 AM BODYPUMP Robyn 11:10 AM Yoga Raynell Sunday 28 3 PM BODYFLOW Renee 4:05 PM Water Fitness Beth 5:10 PM Zumba Zandy
29 6:00 AM RPM Summer 9:30 AM BODYPUMP Heather 5:30 PM Cardio Fitness Darise 6:35 PM BODYPUMP Rebecca 6:35 PM RPM Monica 6:35 PM Water Fitness Kelly	30 9:30 AM RPM Monica 10:35 AM Water Fitness Sonia H. 5:30 PM Cycling Thomas 5:30 PM Hip Hop Hustle Sonia S. 6:35 PM BODYFLOW John	31 6:00 AM Step Fitness Mike 9:30 AM Cardio Fitness HB 10:35 AM BODYFLOW Lorraine 5:30 PM BODYPUMP Katie 6:35 PM RPM Heather 6:35 PM BODYSTEP Kathy	<div style="border: 1px solid black; padding: 10px;"> <p>Class locator key:</p> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="border: 1px solid black; background-color: #e0e0e0; padding: 5px;">Classes held in cycling studio</div> <div style="border: 1px solid black; background-color: #e0e0e0; padding: 5px;">Classes held in pool</div> </div> </div>		



Message from your RGF Manager:

Welcome to RGF (Rapid Group Fitness) at North Ridge! We are going to have the BEST group fitness classes in the triangle, but I will need your help. Attend the different formats and then let me know what you think! See you at the club!

Questions/Comments/ To Receive Schedule via Email:

Rebecca Freeman
 Group Fitness Manager