












APRIL 2024 GROUP X CLASSES- ROCK ASPEN

Class Descriptions-www.therockfit.com*schedule subject to change*

JOIN LADIES OF THE ROCK GROUP PAGE/ROCK ASPEN for UPDATES ON FACEBOOK

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT-</u>
					ALL Fri CLASSES 9am	All Sat Classes 9am ↓
5-6am	 Group Training w/ Kaitlyn NO CLASS 4/1			 Group Training Kaitlyn/Liz	5th TOTAL BODY SCULPT w/ Amy Jo	6th  Jennifer R.
9-10am	ESSETRICS <small>-HEALTHY - STRENGTH - FLEXIBILITY - RANGE OF MOTION-</small> Amy Jo	 Felecia	ESSETRICS <small>-HEALTHY - STRENGTH - FLEXIBILITY - RANGE OF MOTION-</small> Amy Jo	TABATA Kaitlyn	12th  HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> w/ Kaitlyn	13th ESSETRICS <small>-HEALTHY - STRENGTH - FLEXIBILITY - RANGE OF MOTION-</small> Amy Jo
10:30-11:15 am	 The Silver Sneakers Fitness Program Kendy	 The Silver Sneakers Fitness Program Felecia	 The Silver Sneakers Fitness Program Felecia	 The Silver Sneakers Fitness Program Kendy	19th  PILATES w/ Roseann	20th  ZUMBA Barbara
5:40-6:35 pm	 ZUMBA Barbara	 CARDIO KICKBOXING Belinda	 SPIN Jennifer R.	 ZUMBA Barbara/Taylor	26th  BOOT CAMP w/ Trey	27th  PILATES w/ Roseann
5:40-6:35 pm	 SPIN Jennifer R.					
6:40-7:35 pm	BODYPOWER w/ Jenny	BEGINNER  SPIN w / Jennifer P.		TOTAL BODY SCULPT W/Belinda		