



May Group Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 9:00-9:45am Maria	Boot Camp 5:30-6:30am Will *5/25 Holiday Schedule	Group Cycling 5:30-6:15am Nathalie	Boot Camp 5:30-6:30am Jen	HIIT 5:30-6:00am Theresa	Group Cycling 5:30-6:30am Nathalie	Boot Camp 8:00-9:00am *5/4 Cameron *5/11 Cathleen *5/18 Will
Strength Tabata 10:00-10:45am Maria *5/5 No Class	Strength 8:00-9:00am Theresa *5/25 Holiday Schedule	Power Hour 7:45-8:45am Cassandra	TRX Boot Camp 7:00-8:00am Theresa	Stretch & Recover 6:00-6:30am Theresa	Body Pump 8:00-9:00am Katie	*5/25 Murph Challenge Body Pump 8:30-9:30am Nathalie
Boot Camp 10:00-11:00am Matt	Beginner Hot Yoga 9:00-10:00am Trish *5/25 Holiday Schedule	Tread & Shred 8:00-8:30am Cathleen	Body Pump 8:00-9:00am Nathalie	Core HIIT 8:30-9:15am Cathleen	Morning Yoga 9:00-10:00am Murray	Group Cycling 9:30-10:15am Maria
RISE Fitness + Adventure 35770 Airport Rd Rehoboth, DE 302-567-2112	Tabata Bootcamp 9:15-10:00am Maria *5/25 Holiday Schedule	Hot Vinyasa 9:00-10:00am Dasha	Gentle Yoga 8:30-9:15am Dasha *5/1 Stefanie	Group Cycling 9:30-10:15am Maria	Group Cycling 9:15-10:00am Katie	
	Synergy Circuit 4:30-5:00pm Cameron *5/25 Holiday Schedule	Senior Cycling 9:30-10:30am Cathleen	Group Cycling 9:00-9:45am Maria	Boot Camp 6:00-7:00pm Cameron	Athletic Circuit 10:00-10:30am Joanna	
Like us on Facebook Rise Fitness + Adventure	Body Pump 5:30-6:15pm Nathalie *5/25 Holiday Schedule	Yin Yoga 10:15-11:15pm Dasha 	Vinyasa 9:30-10:30am Dasha *5/1 Stefanie	Group Cycling 6:30-7:15pm Maria	Mobility 11:30-12:00pm Cathleen	
	Group Cycling 6:30-7:15pm Maria *5/25 Holiday Schedule	Retro Cardio 5:30-6:15pm Lori	Body Blast 10:00-10:45am Maria		Synergy Circuit 4:30-5:00pm Cameron	
Follow us on Instagram trainatrise			Yin Yoga 11:00-12:00pm Dasha *5/1 Stefanie			
			Aerial Yoga 12:30-1:30pm Dasha *5/1 Stefanie			
			Tabata Boot Camp 4:30-5:15pm Maria			
			Body Pump 5:30-6:15pm Trish			
			Hot Yoga Flow 6:30-7:15pm Trish			

