

# RPM

FITNESS

## **TUESDAY**

### **YOGA**

**12:15-1:00PM**

A mixture of Yin and Vinyasa yoga to improve balance, strength, mobility, and flexibility.

### **KICKBOXING**

**5:45PM-6:30PM**

A martial art-inspired group fitness format that is both heart-pumping and exhilarating using punches and kicks from disciplines such as karate, Muay Thai, and traditional boxing.

## **WEDNESDAY**

### **MUSCLE MAYHEM**

**12:15PM-1:00PM**

Strength training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance.

## **THURSDAY**

### **BEGINNER YOGA**

**5:45PM-6:30PM**

A yoga class ideal for novice yogis and those who are looking for a deep stretch to finish the week.

# GROUP FITNESS SCHEDULE