1st Annual RWB Fitness Retreat

Time	Class Option 1		Class Option 2	
	Class	Instructor	Class	Instructor
8:15 - 8:45 a.m.	Check in			
9:00 - 9:30 a.m.	Cardio Chisel	SunshineKelly	Pilates	Mary
9:35 - 10:05 a.m.	TRX	Sheila	Yoga	Denise & Emily
10:10 - 10:40 a.m.	Fit Club	Sharon	Barre	Anne T
10:45 - 11:15 a.m.	Tabata	Kim	Nutrition & Stress Talk	Danny
11:20 - 11:50 a.m.	Step	Sandra	Interval Combo	Brenda
11:55 a.m. - 12:25 p.m.	Boot Camp	Michele	Ultimate Circuit	Marchelle
12:30 - 1:30 p.m.	Lunch			
1:35 - 2:05 p.m.	Butts & Gutts	Kathy	Zumba	Sheryl
2:10 - 2:40 p.m.	Kick Boxing	Courtney	Fat Burn	Shannon
2:45 - 3:00 p.m.	Closing			

Questions? 586.752.6543 OR www.sunshinekelly7953.com

ROME WASHINGTON BRUCE ONE P&R PARKS & RECREATION