

~Kick your workout routine into gear at RRC with an active, heart-pumping, ab-crunching workout in the clubhouse!~

Strengthen, Spin and Stretch!

Friday	9:30am
Saturday	8:30am

Sign up in the clubhouse to guarantee your spot; you may also drop-in to any class. \$10/participant. We have all the supplies you'll need, so come on by!

This class is the perfect opportunity to get your tummy in swimsuit shape, while working your heart into optimal health! Each class will feature 30 minutes of Spin, 15 minutes of ab-intense training and 15 minutes of dynamic stretching. Taught by Five Points Fitness instructors Nina Schuyler and Julie Pepper, the class promises a great cardio and strengthening workout all in one.