



SAS RECREATION & FITNESS CENTER

Week of January 27

All classes unless otherwise indicated will be in-person only. Please continue to visit the [RFC Video Gallery](#) for on demand classes.
We look forward to seeing you at the RFC soon!

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am <i>(45 min. unless indicated)</i>			Water Aerobics <i>(Natatorium)</i> Pam	Morning Yoga <i>(GX Studio)</i> Amanda	Flow & Go (30 min.) <i>(Virtual—Teams)</i> Cheryl
11:15am <i>(45 min. unless indicated)</i>		Step & Core* <i>(GA Studio)</i> Alexis	Yoga Challenge <i>(GX Studio)</i> Cheryl		
11:30am <i>(60 min. unless indicated)</i>					
12:00pm <i>(45 min. unless indicated)</i>	Strength Express* <i>(GA Studio & Teams)</i> Pam	Cycle/Tread* <i>(G Cardio)</i> Becca		R.F.C. Circuit <i>(G Cardio + Strength)</i> Pete	Cycle/Tread Party* <i>(G Cardio)</i> Alexis
4:30pm <i>(45 min. unless indicated)</i>	R.F.C. Circuit <i>(G Cardio + Strength)</i> Alexis	Roll, Release & Recharge Yoga* <i>(GX Studio)</i> Cheryl		Strength Circuit* <i>(GA Studio)</i> Becca	*Registration preferred; drop ins permitted only if space allows.

Virtual Participation Disclaimer

As with any exercise or movement-based program, participation in physical activity has inherent risks and may result in injury. Participants are encouraged to stop if they experience pain, injury or other symptoms of distress, and should seek appropriate medical advice or care as needed. Participants should not begin any physical activity program without consulting a health care professional first and should always follow the advice of their health care professional before participating in any activities of a physical nature.