



SAS RECREATION & FITNESS CENTER

# Week of February 24

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
<b>8:00am</b> <i>(45 min. unless indicated)</i>			<b>Morning Mix</b> <i>(GA Studio)</i> Amanda	<b>Morning Yoga</b> <i>(GX Studio)</i> Amanda	<b>Flow &amp; Go (30 min.)</b> <i>(Virtual—Teams)</i> Cheryl
<b>11:15am</b> <i>(45 min. unless indicated)</i>		<b>Step &amp; Core*</b> <i>(GA Studio)</i> Amanda	<b>Yoga Challenge</b> <i>(GX Studio)</i> Pam	<b>Pilates Palooza*</b> <i>(GX Studio)</i> Pam	
<b>11:30am</b> <i>(60 min. unless indicated)</i>					
<b>12:00pm</b> <i>(45 min. unless indicated)</i>	<b>Strength Express*</b> <i>(GA Studio &amp; Teams)</i> Pete	<b>Cycle/Tread*</b> <i>(G Cardio)</i> Becca		<b>R.F.C. Circuit</b> <i>(G Cardio + Strength)</i> Becca	<b>Cycle/Tread + Yoga*</b> <i>(G Cardio)</i> Amanda
<b>4:30pm</b> <i>(45 min. unless indicated)</i>	<b>R.F.C. Circuit</b> <i>(G Cardio + Strength)</i> Alexis	<b>Full Heart Flow (60 min.)</b> <i>(GX Studio)</i> Rebecca		<b>Strength Circuit*</b> <i>(GA Studio)</i> Rebecca	
<b>5:00pm</b> <i>(45 min. unless indicated)</i>		<b>Dance &amp; Strength*</b> <i>(GA Studio)</i> Angie	<b>Black History Month Cycle/Tread Social*</b> <i>(G Cardio)</i> Alexis		*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.