

CLASSES

INTERIM CLASSES

**All Fall 2017 Fit-Yoga Passes and 10 Day Pass holders are eligible to participate in interim classes.*

Class	Days & Time	Date	Instructor	Location	Class Level
Rhythm Ride	Mon 12–12:50pm	12/11, 12/18, 1/8	Rachel Schorr	CR	L2
Cardio Dance & Strength	Mon 5–5:55pm	12/11, 12/18	Cameron Vinoskey	RA1	M2/3
Barre Fit	Mon 6–6:55pm	12/11, 12/18, 1/8	Olga Lomakin	RA1	M2
Vinyasa Yoga	Tue 7:05–8am	12/12, 12/19	Ricky Paniagua	RA3	M2
Hatha Flow Yoga	Tue 12–12:55pm	12/12, 12/19, 1/9	Rachel Schorr	RCR	M1/2
Vinyasa Yoga	Tue 6–7:25pm	12/12, 12/19, 1/9	Laura McInitre	RCR	M2
Hatha Yoga	Wed 7:30–8:25am	12/13, 12/20, 1/3, 1/10	Ricky Paniagua	RA3	M1
Rhythm Ride	Mon 12–12:50pm	12/13, 1/3, 1/10	Rachel Schorr	CR	L2
Cardio Dance on the Step	Wed 5–5:55pm	12/13, 12/20, 1/3, 1/10	JoAnna Mitrano	RA1	M2
Vinyasa Yoga	Thu 7:05–8am	1/4, 1/11	Ricky Paniagua	RA3	M2
Hatha Flow Yoga	Thu 12–12:55pm	12/14, 1/4, 1/11	Rachel Schorr	RCR	M1/2
Barre Fit	Thu 5–5:55pm	12/21, 1/4, 1/11	Olga Lomakin	RCR	M2
Hatha Yoga	Fri 12–12:55pm	12/15, 12/22, 1/5, 1/12	Jane Harb	RA3	M1
Barre Fit	Fri 12–12:55pm	12/15, 12/22, 1/5, 1/12	Olga Lomakin	RCR	M2

CLASS LEVEL KEY:

COMPLEXITY

L = LOW
M = MEDIUM
H = HIGH

INTENSITY

1 = LOW
2 = MEDIUM
3 = HIGH

LOCATION KEY:

4th F RIMAC Conference Room
CR Main Gym Cycle Room
CVP Canyonview Pool
FR Main Gym Fitness Room
OMG Outdoors – Main Gym

OPC Outdoors – Price Center
Pit RIMAC Weight Room
RCR Rec Gym Conference Room
RA1 RIMAC Activity Room 1
RA2 RIMAC Activity Room 2

RA3 RIMAC Activity Room 3
SW Spanos West
WS RIMAC Wellness Studio
WC RIMAC Wellness Classroom