

class change

Summer.. Fitness Classes

Monday

8am Functional Fitness (body sculpt) w/ Laura



Tuesday

8am YOGA for SPORTS Tennis, Golf W/ Deb

CHANGE**
9:15 BODY SCULPT

Wednesday

8am: Body Sculpt W/Deb



Thursday

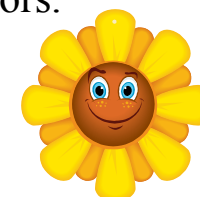
4pm Yogagenics W/Kathleen

Friday

8am Core Resistance and Body sculpt W/Laura

Saturday

Questions??
Feel free to contact instructors.



Its that time already for the Fitness Director to start thinking of New FUN Fall Fitness classes!! What do you want here at The RCC? Zumba?, Hula Hooping Class?? Please Email Laura with your thoughts and ideas!

Deb: dls1959@aol.com
860-7506

Kathleen: nfn16933@naples.net

Sign up sheets are in the Fitness center and upstairs in the aerobic room.

- **Please contact Laura Dal Santo, Fitness Director for sign-up, questions or class description.**

Comments and Ideas Welcome... **Laura Dal Santo 444-1186 Or 913-7013**
fitnessdiva28@hotmail.com