

RISE MOVEMENT STUDIO * DECEMBER 2022 * CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RESERVED 4:00-5:00pm		TAP AGES 10-14 BEGINNER 4:30-5:15pm	ZUMBA® KIDS-SENIOR AGES 10-14 MED/HIGH INTENSITY 4:30-5:15pm	STRETCH & STRENGTHEN AGES 10-14 ALL LEVELS 4:00-4:45pm	ZUMBA® & AB BLAST HIGH INTENSITY AGES 15 & OVER 10:00-11:15am
TAP AGES 10-14 INTERMEDIATE 5:15-6:15pm	GOLD/SILVER UNLIMITED ADULT FITNESS MEMBERS: YOU WILL RECEIVE A CLASS RECORDING IN PLACE OF A LIVE CLASS ON TUESDAY EVENINGS.	BALLET AGES 10-14 BEGINNER/INTERMEDIATE 5:15-6:15pm	FITKIDS-SENIOR AGES 10-14 ALL LEVELS 5:15-6:00pm	ZUMBA® KIDS-JUNIOR AGES 4-9 MED/HIGH INTENSITY 5:00-5:45pm	
BARRE AGES 15 & OVER ALL LEVELS 6:45-7:30pm	ZUMBA® HIGH INTENSITY AGES 15 & OVER 6:45-7:45pm	BARRE AGES 15 & OVER ALL LEVELS 6:45-7:30pm	ZUMBA® EXPRESS MEDIUM INTENSITY AGES 15 & OVER 6:45-7:30pm	FITKIDS-JUNIOR AGES 4-9 ALL LEVELS 5:45-6:30pm	
ZUMBA® EXPRESS! MEDIUM INTENSITY AGES 15 & OVER 7:45-8:30pm	TAP AGES 15 & OVER INTERMEDIATE/ADVANCED 8:15-9:15pm	ZUMBA® HIGH INTENSITY AGES 15 & OVER 7:45-8:45pm	CHAIR FITNESS LOW INTENSITY ADULT 7:45-8:30pm	GOLD/SILVER UNLIMITED ADULT FITNESS MEMBERS: YOU WILL RECEIVE A CLASS RECORDING IN PLACE OF A LIVE CLASS ON FRIDAY EVENINGS.	

THE ABOVE SCHEDULE BEGINS THURSDAY, DECEMBER 1ST.

ALL CLASSES ARE IN-STUDIO ONLY, WITH THE EXCEPTION OF ADULT FITNESS.
ADULT BARRE AND CHAIR FITNESS CLASSES ARE OFFERED IN-STUDIO AND VIRTUALLY ON ZOOM.

THE STUDIO WILL BE CLOSED FOR THE HOLIDAYS ON THE FOLLOWING DATES:

*WEDNESDAY, DECEMBER 21 THROUGH TUESDAY, DECEMBER 27TH
SATURDAY, DECEMBER 31ST*

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