

RISNER SEPTEMBER GROUP EXERCISE SCHEDULE

TIME	MON	TUES	WED	THU	FRI	SAT
0530-0630	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	
FIP 0600-0700	FIP Cardio Core and More (Basketball court # 2) Michelle Dom	FIP Cardio (Front Desk) Kelly M	FIP Cardio (Front Desk) Kelly M	FIP Yoga (Mirror Room) May	FIP Total Body (Basketball Court # 2) Michelle D/Anthea	
0800-0850						Short Circuit Intervals (Aerobics Room) Tiffany/Aneshea
0900-1000						Shogun Functional Fitness (Pad)
0900-1000	Group Cycle **Limit 12** (Spin Room) Leigh- Anne		Group Cycle **Limit 12** (Spin Room) Leigh- Anne		FnF Cycle **Limit 12** (Spin Room) Michelle Dom	Yoga Level 1 (Aerobics Room) Natasha/Patricia
1000-1100	Cardio Strength (Aerobics Room) Rebecca	Total Body Blast (Aerobics Room) Michelle Dom	Cardio Strength (Aerobics Room) Rebecca	HiIT & Tone (Aerobics Room) Anthea	Cardio Strength (Aerobics Room) Rebecca	Equipment Orientation (Weight Room) Risner Staff
1015-1115						Zumba (Aerobics Room) Dayana
1130-1230	Barre (Aerobics Room) Karianne	Yoga Level 1&2 (Aerobics Room) Natasha	Barre (Aerobics Room) Anthea	Yoga Level 1&2 (Aerobics Room) Natasha	Yoga Level 1&2 (Aerobics Room) Natasha	
FIP 1200-1300	Cardio HIIT (Front Desk) Rebecca	FIP Cardio HIIT (Basketball Court # 2) Michelle Dom	FIP Resistance & Core/Yoga (Front Desk/Mirror Room) (Rebecca/Michelle/Schawann)	Cardio HIIT (Basketball Court #2) Michelle Dom	FIP Crosstraining (Front Desk/Bball Court #2) Rebecca/Michelle Dom	FIP Cardio Endurance (Front Desk) Risner Staff
1630-1730	Zumba (Aerobics Room) Dayana		Balletone (Aerobics Room) Davida			Massage Therapy
1645-1745		**NEW TIME** Strong 30 (Aerobics Room) Dayana		Yoga Level 1&2 (Aerobics Room) Schawann		Functional Fitness Classes
1700-1800						Personal Trainers
1730-1830	Yin Yoga (Mirror Room) Michelle				Balletone (Aerobics Room) Davida	Boot Camp Classes
1730-1830	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)		Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Pro Shop for Fitness and Sports gear
1745-1845			Body Tone (Aerobics Room)--LIMIT 15 Tiffany			Now selling ROGUE gear!
1750-1850	Muscle Conditioning (Aerobics Room) Elssy					
FIP 1800-1900	FIP Cardio Core and More (Front Desk) Michelle/Tiffany/Kelly/Anthea	FIP Endurance Run (Front Desk) Rebecca	FIP Resistance Training (Front Desk) Rebecca	FIP Speed Training (Front Desk) Kelly M	FIP Crosstraining (Front Desk/Mirror Room) Kelly/Tiffany/Natasha/Anthea	Ris'n Shine Juice bar
1800-1900		MixedFit (Aerobics Room) Queenie		MixedFit (Aerobics Room) Queenie		Smoothie of the Month "French Vanilla Protein Smoothie"
1815-1915		Groove Cycle**Limit 12** (Spin Room) Steven		Groove Cycle **Limit 12** (Spin Room) Steven		September's Special Events
1900-2100						Functional Fitness Fundamentals class (Sept 12th @ 0900)
1900-2000			Zumba (Aerobics Room) JoJo			Zumbathon (September 19th @ 1000)
Note: All classes are free, with the exception of Shogun Functional Fitness* which is a one-time fee of \$30 (all Functional Fitness classes are free after that). Members are not able to sign up for regular classes ahead of time.						FSS DOMO DAYS! September 20th-26th
FITNESS IMPROVEMENT PROGRAM (FIP) INFORMATION: OPEN TO ALL MEMBERS M-S AT 0600, 1200, AND 1800. MANDATORY FIP MEMBERS HAVE PRIORITY. MANDATED MEMBERS WILL RECEIVE CREDIT.						
*NEW SHOgun FUNTIONAL FITNESS STUDENTS ARE REQUIRED TO ATTEND A 3-HOUR FITNESS FUNDAMENTAL INSTRUCTIONS CLASS PRIOR TO ATTENDING SHOgun FUNSTIONAL FITNESS. CLASSES. ONE TIME \$30.00 FEE TO ATTEND FITNESS FUNDAMENTAL INSTRUCTIONAL CLASS. FEE CAN BE PAID AT THE RISNER FRONT DESK AT ANY TIME INCLUDING THE DAY OF THE CLASS. **SEPTEMBER CLASS WILL BE HELD ON SEPT 12TH @ 0900***						
TCCOR CONDITIONS: ALL CLASSES ARE CANCELLED IN TCCOR-1. CLASSES WILL RESUME IN ALL CLEAR.						
Juice Bar Special!! \$0.25 off smoothies and shakes all month!!						
FOR ANY QUESTIONS & CONCERNS PLEASE CONTACT THE FRONT DESK @DSN 634-5128 // Follow us on Facebook at "Kadena Risner Fitness and Sports Complex" AND Instagram "Risnerfitnesscenter"						