

## RISNER AUGUST GROUP EXERCISE SCHEDULE

TIME	MON	TUES	WED	THU	FRI	SAT
0530-0645	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	
0530-0630		Group Cycle (Spin Room) Melissa	Group Cycle (Spin Room) Melissa	Group Cycle (Spin Room) Melissa		
FIP 0600-0700	FIP HIIT (Mirror Room) Miki	FIP Speed Training (Front Desk) Kelly M	FIP Speed Training (Front Desk) Kelly M	FIP Yoga (Mirror Room) May	FIP HIIT (Mirror Room) Miki	
0620-0720					Group Cycle (Spin Room) Melissa	
0800-0900						Group Cycle (Spin Room) Kristina
0900-1030						Shogun Functional Fitness (Pad)
0900-1000	Group Cycle (Spin Room) Leigh-Anne		Group Cycle (Spin Room) Leigh-Anne		Power Flow Yoga (Mirror Room) Laurie	Foundations of Yoga (Aerobics Room) Mekala
1000-1100	Buns and Guns (Aerobics Room) Dayana		Sh1ft, L1FT, R1ZE (Aerobics Room) Miki		Barre (Aerobics Room) Karianne	Equipment Orientation (Front Desk) Risner Staff
1015-1115						Zumba (Aerobics Room) Dayana
1115-1215	Zumba (Mirror Room) Dayana		Barre (Basketball Court) Karianne Circuit Training (Habu Fitness Center) Kinwa		Zumba (Basketball Court) Miki	
1130-1230		Yoga Level 1&2 (Mirror Room) Natasha		Vinyasa Yoga (Mirror Room) Laurie		
1130-1245						
FIP 1130-1230	FIP Crosstraining (Basketball Court) Morna	FIP Cardio Strength (Basketball Court) Morna	FIP Power Flow Yoga (Mirror Room) Mekala	FIP HIIT (Basketball Court) Morna	FIP Yoga (Mirror Room) Natasha	FIP Cardio Endurance (Front Desk) Risner Staff
1600-1700		Zumba Kids Jr. (Aerobics Room) Dayana				
1730-1830	Gentle Yoga (Mirror Room) Schawann					<b>Pro Shop for Fitness and Sports gear</b>  <b>Smoothie of the Month "Mango Creamsicle Shake"</b>  <b>August Special Events</b>  <b>01-31: Summer Tennis Clinics</b>  <b>07: Squat Challenge</b> <b>14: Circuit Fun Challenge</b> <b>28 : Singles Racquetball Tournament</b>
1730-1845	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	Shogun Functional Fitness (Pad)	
FIP 1800-1900	FIP Muscle Conditioning (Aerobics Room) Elssy	FIP Cardio Kickboxing (Basketball Court) Veronica	FIP Cardio Kickboxing (Aerobics Room) Veronica	FIP Speed Training (Front Desk) Kelly M	FIP Yoga (Mirror Room) May	
1800-1900		MixedFit (Aerobics Room) Queenie	Power Flow Yoga (Mirror Room) Mekala	MixedFit (Aerobics Room) Queenie		
1815-1915		Groove Cycle (Spin Room) Steven		Groove Cycle (Spin Room) Steven		
1900-2000						

**FITNESS IMPROVEMENT PROGRAM (FIP) INFORMATION: OPEN TO ALL MEMBERS M-F (0600, 1130 & 1800) AND SATURDAYS (1130). MANDATORY FIP MEMBERS HAVE PRIORITY AND WILL RECEIVE CREDIT.**

**NEW SHOGUN FUNCTIONAL FITNESS STUDENTS ARE REQUIRED TO ATTEND A 3-HOUR FITNESS FUNDAMENTALS CLASS PRIOR TO ATTENDING SHOGUN FUNCTIONAL FITNESS CLASSES. THERE IS A ONE-TIME \$30.00 FEE TO ATTEND THE INSTRUCTIONAL CLASS, THIS FEE CAN BE PAID AT THE RISNER FRONT DESK AT ANY TIME INCLUDING THE DAY OF THE CLASS. \*\*AUGUST CLASS WILL BE HELD ON THE 14TH AT 0900\*\***

**TCCOR CONDITIONS: ALL CLASSES ARE CANCELLED IN TCCOR-1. CLASSES WILL RESUME IN ALL CLEAR.**

**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"**