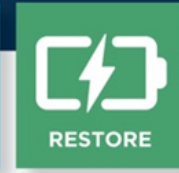


Welcome Back!



WELLNESS CENTER

NOW OPEN!

Hours of Operations

Monday - Thursday

5:30 AM - 8:00 PM

Friday 5:30 AM - 6:00 PM

FULL GYM, GROUP CLASSES, SAUNAS and SHOWERS

FREE FOR ALL RRH EMPLOYEES & VOLUNTEERS*

Stop in today to register.

100 S Kings Highway, Irondequoit

rrhwellnesscenter@gmail.com 585-922-1194

ASK THE FRONT DESK TO SCHEDULE YOUR FREE FITNESS ASSESSMENT.

Find us on Facebook [facebook.com/WellnessCenterRRH](https://www.facebook.com/WellnessCenterRRH)

WELLNESS CENTER CLASS SCHEDULE



STARTING
August 1, 2022

MON

TUE

WED

THUR

FRI

Max Class Size	Length	Time	Time	CLASS	CLASS	CLASS	CLASS	CLASS
7 per class	45 min	Cycle Studio	6:00 am		Cycle Ursula			Cycle Ursula
8 per class	30 min	Yoga Studio	12 pm		Yoga Express Crystal	Yoga Express Rachel	Yoga Express Crystal	Yoga Express Melissa
12 per class	30 min	Main Studio	12 pm	Core and More Suzi	Boot Camp Express DJ		Boot Camp Express DJ	
12 per class	45 min	Main Studio	4:15 pm		Core and More Suzi		Core and More Suzi	
8 per class	60 min	Yoga Studio	5:15 pm	Yoga Rachel	Yoga Rachel	Yoga Jennifer	Yoga Jennifer	
12 per class	60 min	Main Studio	5:15 pm	Boot Camp Sarah		Total Body Strength Sarah		Zumba Stacy (45 min)
7 per class	45 min	Cycle Studio	5:30 pm	Cycle Eric		Cycle Eric	Cycle Sarah	
12 per class	60 min	Main Studio	5:45 pm		Zumba Sue		Zumba Sue	
12 per class	30 min	Main Studio	6:15 pm	Ab Attack Sarah				