



8325 Grubb Rd. Silver Spring MD 20910
 Phone 301/587-4447 - Fax 301/587-4443
 www.rockcreeksportsclub.com

Winter Schedule
 Effective February 2012

Mon-Fri 5:00am-10:00pm
 Sat-Sun 7:00am-7:00pm

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga 7:00-8:00am Mercedes	Bootcamp Conditioning 6:30-7:15am Rikki	Hatha Yoga 7:00-8:00am Mercedes	Bootcamp Conditioning 6:30-7:15am Molly	Hatha Yoga 7:00-8:00am Mercedes	Open Flow Yoga 8:00-9:25am Claudia/Regina	
Fit for Life 8:45-9:30am Marian/Sherron		Fit for Life 8:45-9:30am Sherron		Stretch for Life 8:45-9:30am Marian L.	Meditation** 9:30 – 9:55 am Vicki	Chisel 10:00-10:45am Angela/Carolina
45/15 9:30-10:30am Marianne	Bootcamp Conditioning 9:30-10:15am Marian L.	Body Tone 9:30-10:30am Marianne	Cardio Kickboxing 9:30-10:15am Sean S.	15/45 9:30-10:30am Marianne	Kickboxing 10:00-11:00am Rikki/Emi	ABSolution 10:45 -11:00 am Angela/Carolina
Results by Rachel \$ 10:30-11:15am	ABSolution 10:15 -10:30am Marian L.	Cardio Dance 10:30-11:30am Robert	ABSolution 10:15-10:30 am Sean S.	Pilates 10:30 – 11:00am Claire	Chisel and Core 11:00-11:45pm Angela/Carolina	Zumba 11:00-Noon Allison
Kid's Yoga \$ 4:00-4:45 Monica	Yoga 10:30-Noon Laura B		Yoga 10:30 – Noon Lauren		ABSolution 11:45 – 12:00 Emi/Angela	
Ball 6:00-6:30pm Laura B.		Tae Kwon Do \$ 4:30-6:00pm JEK's			Zumba 12:00-1:00pm Tanory	SGPT \$ Beginner I Yoga 4:00-5:00 pm Sean
Presidential Arms 6:30-7:00pm Laura B.	Tabata 6:00-6:30 James	Circuit Training 6:00-7:00pm Laura B.	Hatha Yoga 6:00-7:30pm Sean		Tae Kwon Do \$ 1:00-3:15pm JEK's	Hatha Yoga 5:30 – 6:30 pm Linda
Cardio Dance Fusion 7:00-8:00pm Glendola	ABSolution 6:30-7:00pm James	Zumba 7:00-8:00pm Ibis	Salsa Step 7:30 – 8:00 pm Carolina		Pilates 5:00-6:00pm Ayanna	
ABSolution 8:00-8:15pm Sean/Delores	Yoga 7:00 -8:30pm Hannah	Pilates 8:00-9:00pm Glendola	Chisel 8:00-8:30pm Carolina			
Pilates 8:15-9:00pm Sean/Delores			Boxing Clinic 8:30-9:30pm Russell			*Boxing Clinic* 2:30-4:00pm Russell Downstairs

Studio Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 6:30-7:15am Debbie	Cycle 5:45-6:30am Rikki	Cycle 6:00 – 6:45 am Marge	Cycle 5:45-6:30am Tiny		Cycle 7:15-8:00am Steve/Julie	Cycle* 8:45-9:45am Gayle/Shelly
Results by Rachel \$ 9:45-10:30am	Cycle 9:30-10:30am Tiny	Results by Rachel \$ 9:45-11:15am	Cycle 9:30-10:30 am Tiny	Cycle 9:30 – 10:15am Claire	Cycle* 10:00-11:00am Marge	
Bike (and Ball) 5:30 – 6 pm Laura						Cycle 4:30 – 5:30 pm Steve
Cycle 7:00-7:45pm Shelly	Cycle 6:45-7:30pm Gayle		Cycle 6:45-7:30pm Angela			

*Reservations required.

\$ Fee required

**Open to Non-Members