



ROCK CREEK
SPORTS
CLUB

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

Fall Schedule
Effective September 2011

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 6:30-7:30am Christy	Hatha Yoga 7:00-8:00am Mercedes	Power 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.	Kickboxing 10:00-11:00 Rikki/Sherron	Muscle Sculpt 10:00-11:00am Christy
45/15 9:30-10:30am Marianne	Bootcamp Conditioning 9:30-10:30am Marian L.	Body Tone 9:30-10:30am Marianne	Kickboxing 9:30-10:30am Christy	15/45 9:30-10:30am Marianne	Core Conditioning 11:00-12:00pm Emi/Angela	Zumba 11:00-Noon TBA
	Power Yoga 10:30-11:30am Laura B	Cardio Dance 10:30-11:30am Robert	Yoga 10:30 – 12:00 Edie	Pilates 10:30 – 11:00am Claire	Zumba 12:00-1:00pm Tanory	Therapeutic Yoga \$ 1:30 – 2:30 pm Edie
				SGPT \$ Full Body Condi. 11:00 – Noon Jeshua	Tae Kwon Do \$ 1:00-3:15pm JEK's	SGPT \$ Beginner I Yoga 3:00 – 4:00 pm Edie
(Bike and) Ball 5:30-6:30pm Laura B.		Tae Kwon Do \$ 4:30-6:00pm JEK's				SGPT \$ Beginner II Yoga 4:15-5:15 pm Edie
Presidential Arms 6:30-7:00pm Laura B.		Circuit Training 6:00-7:00pm Laura B.	Hatha Yoga 6:00-7:30pm Sean		Pilates 5:00-6:00pm Ayanna	Hatha Yoga 5:30 – 6:30 pm Edie
Cardio Dance Fusion 7:00-8:00pm Glendola	Yoga 6:30 -8:00pm Regina/Hannah	Zumba 7:00-8:00pm Ibis	15/45 7:30 - 8:30 pm Carolina			
Pilates 8:00-9:00pm Ayanna		Pilates 8:00-9:00pm Glendola	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/Juli	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	NEW TIME! 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	Cycle 6:45-7:30pm		Cycle 6:45-7:30pm			