

GROUP FITNESS CLASS & PERSONAL TRAINING SCHEDULE

1001 E STROTHER AVE

SEMINOLE, OK 74868

PH: (405) 220-4207 - FAX: (405) 220-4210

WWW.REYNOLDSWELLNESS.NET

-JUNE 2017-



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ST = Studio WR = Weight Rm UP = Upstairs MR = Mtg Rooms ABC						
	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	6:00-6:45am STRENGTH & CONDITIONING Kaisen (WR)	
		8:15-9:00am YOGA Lauren (ST)		8:15-9:00am YOGA Lauren (ST)		
	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	9:00-9:45am STRENGTH & CONDITIONING Kaisen (WR)	
						10:00-10:55am ZUMBA Karina (Gym)
		5:30-6:30pm YOGA Lauren (MR)		5:30-6:30pm YOGA Lauren (MR)		
	6:00-7:00pm BEGINNER STRENGTH TRAINING Charlotte (Gym) (Beg. June 12th)	6:00-6:30pm FREE ABS CLASS w/ KAISEN! Kaisen (Gym/ST)	6:30-7:30pm R.I.P.P.E.D. Lisa (Gym)			
	6:00-7:00pm R.I.P.P.E.D. Lisa (MR)					
	7:00-7:55pm ZUMBA Karina (MR/Gym)			7:00-7:55pm ZUMBA Karina (MR/Gym)		

Please follow us on Facebook for Class Cancellations/Changes at www.facebook.com/rwcseminole

Schedule is subject to change without notice and based upon class participation.

Regular Group Fitness Classes FREE with Membership, \$4/Class without Membership.

Child Care available Mon-Fri 8-10am & 4-8pm. \$1 for 1 hr, \$2 for 1.5 hr (max time allowed).

Contact the Front Desk for further info/details.

NEW BEGINNER STRENGTH TRAINING CLASS w/ Charlotte Monday evenings at 6 pm starting June 12th
RIPPED with Lisa now offered Monday evenings at 6 pm and Wednesday evenings at 6:30 pm
Plus— Try our new TOTALLY FREE ABDONIMALS CLASS w/ Personal Trainer, Kaisen Presley,
Tuesdays evenings 6:00-6:30 pm—No Membership Required—Bring your Friends!