

HRC GROUP FITNESS CLASS SCHEDULE

MONDAY			
Time:	Class:	Instructor:	Classroom:
5:30am	Spin	Tonya Caquelin	Spin Room
TUESDAY			
Time:	Class:	Instructor:	Classroom:
5:30am	Kettlebell	Jenn Dewinter	Group Fitness Room #2
8:45am	Yoga	Allison Christensen	Cardio Studio
5:30pm	Body Blast	Deanne Hatcher	Group Fitness Room #1
5:45pm	Spin	Loren Sanders	Spin Room
WEDNESDAY			
Time:	Class:	Instructor:	Classroom:
5:30am	Spin	Tonya Caquelin	Spin Room
5:00pm	Yoga	Allison Christensen	Cardio Studio
THURSDAY			
Time:	Class:	Instructor:	Classroom:
5:30am	Kettlebell	Jenn Dewinter	Group Fitness Room #2
8:45am	Yoga	Allison Christensen	Cardio Studio
5:30pm	Body Blast	Deanne Hatcher	Group Fitness Room #1
5:45pm	Spin	Loren Sanders	Spin Room
FRIDAY			
Time:	Class:	Instructor:	Classroom:

*Visit our Facebook Page (Humboldt Recreation Center) for changes and cancellations.

COST	
Punch Pass (Member)	\$50 (10 punches)
Punch Pass (Guest)	\$75 (10 punches)

KIDS ZONE HOURS			
Monday	5p-8p	Thursday	5p-8p
Tuesday	5p-8p	Friday	5p-8p
Wednesday	5p-8p	Saturday	9a-12p