

RHM & JCK Fitness Centers

Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 am	Muscle Sculpt (JCK)		Cardio Circuit (JCK)	Boot Camp (JCK)	
11:30 am	Group Cycling (RHM)	Muscle Sculpt (RHM)	Core Fusion (RHM)	Muscle Sculpt (RHM)	*Yoga (RHM)
12:45 pm	*Yoga (RHM)			*WERQ Dance Fitness (RHM)	

NOTES:

* ADDITIONAL FEE Classes

Classes are subject to change or cancellation.

INFORMATION:

<http://www.foh.dhhs.gov/wfsites/jckrhm/>

RHM Fitness Center: 312.886.4120

JCK Fitness Center: 312.886.2220