



# Wellness-Fitness

## RHM – JCK Fitness Center Spring/Summer- Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:15 a.m.	Muscle Sculpt (JCK)	Intermediate Step (JCK)	Muscle Sculpt (JCK)		
11:30 a.m.	Pedal to the Metal (RHM)	Muscle Sculpt (RHM)	Core Fusion (RHM)	Muscle Sculpt (RHM)	AB Lab (JCK)  *Yoga (RHM)
12:15 p.m.	Cardio Kick Boxing (RHM)	CORE Fusion (JCK)		Boot Camp (JCK)	
12:30 p.m.			(12:35) Combat Zone (JCK)		Combat Zone (JCK)
12:45 p.m.	*Yoga (RHM)				
5:00 p.m.	Muscle Camp (RHM)				

**NOTES: Specialty Class.** Classes with an asterisk (\*) require an additional fee.  
For more information contact the RHM Fitness Center @ 312-886-4120.  
Specialty classes are subject to date **Change or Cancellation.**

