



Group Exercise Classes

Begin October 4, 2022!

Tuesdays:

12pm – 12:45pm

Cycle with Sarah

Wednesdays:

12pm – 12:45pm

Strength Training with Rebecca

Thursdays:

12pm – 12:45pm

Barre with Rebecca

Club Hours: Tuesdays, Wednesdays, Thursdays 7am – 3pm

Website: www.rencenfitness.com IG: @rencenfitness