

RAPRD Activity Center

July 20 - 25, 2020

Schedules are subject to change based on activities and needs.

***Activities with an asterisk require registration prior to attending**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am-6:45am		Kickstart Conditioning		P90X®		CLOSED
7:00am-1:00pm	CARDIO AND WEIGHT LIFTING	CARDIO AND WEIGHT LIFTING	CARDIO AND WEIGHT LIFTING	CARDIO AND WEIGHT LIFTING	CARDIO AND WEIGHT LIFTING	
7:45am-8:45am	Fitness 4 Life	Zumba® Gold	Fitness 4 Life		Zumba® Gold	
9:15am-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Balance & Core	Kickboxing	
ENRICHMENT CLASSES (registration required)	*Nature Art 2:00 - 2:45pm	*Toddler Time 11:00 - 11:30 am *Fabulous Foods 2:00 - 2:45 pm	*RiverQuest 11:00 - 2:00 pm	*Super Tot Koalas 2:30 - 3:00 pm *Super Tot Pandas 3:00 - 3:45 pm *Super Tot Grizzlies 3:45 - 4:30 pm		
4:30pm-5:30pm	MIXxedfit® Dance Fitness		MIXxedfit® Dance Fitness			
5:45pm-6:45pm	Powercut Plus		Powercut Plus			

Edited 6/16

Drop-In Fee for Weights/Cardio: Adult \$3.50 Child \$2.00 Senior \$2.50 (limited availability, please pre-register)

Drop-In Fee for Group Fitness: \$3.50 (limited availability, please pre-register)

\$28.00 ID12 visit punch card or \$30.00 ID unlimited for 30 day

**AT THIS TIME ALL CARDIO/WEIGHTS AND FITNESS CLASSES REQUIRE PRE-REGISTRATION.
PLEASE GO TO RAPRD.ORG TO REGISTER UNDER COVID-19 INSTRUCTIONS**