

# Rockstar Wellness

## November 2024 Schedule

### Studio 1

### Studio 2

### Studio 3

MONDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.	
9:00 AM	Ex-Press Strength (Bre) *45 min.	
9:45 AM	Straight to the Core (Bre) *30 min.	
10:30 AM	Biker Barre (Rachel) *NEW*	Silver Sneakers (Renee)
11:30 AM	AMPD Resistance (Rachel)*45 min.	
4:00 PM		POUND Unplugged (Rachel) *40 minutes
4:30 PM	Spin Express (Renee) *40 min	
4:45 PM		Pilates (Rachel) *45 minutes
5:15 PM	Turn Up Dance Fitness (Avery)	
5:30 PM		P90X (Mary) *45 minutes
5:45 PM		HIGH Fitness (Allie/Avery/Tori/Britnee/Rachel)
6:50 PM		HIGH Yo (Allie) *45 min.
TUESDAY		
8:30 AM	Spin Express (Rachel) *40 min.	
9:00 AM		POUND (Amber)
9:15 AM		TRX Suspension Training (Rachel) *40 minutes
10:15 AM	Yoga (Mary) *45 minutes	AMPD Strength (Rachel) *45 minutes
11:10 AM	Floor Barre (Rachel) - hybrid class *45 min.	
12:00 PM	Walk & Rock (Reginna) *30 min. *NEW*	
4:40 PM		Circuit Fusion (Wendy) *45 minutes
4:45 PM		HIGH Yo (Allie/Britnee) *45 min.
4:50 PM	RUMBLE (Rachel) *45 min.	
5:30 PM		POUND (Tori & Britnee)
5:40 PM	Human Reformer Pilates (Rachel) *30 min. *NEW*	
6:15 PM	Ex-Press Strength (Bre) *45 minutes	
6:30 PM		AMPD Strength (Rachel) *45 min.
7:15 PM	VeraFlow (Rachel) - hybrid class	
WEDNESDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min	
9:00 AM	Ex-Press Strength (Bre) *45 minutes	
10:00 AM	PiYo & Core (Renee)	Tap-N-Burn (Rachel & Kelsey) - hybrid class
11:15 AM		Stretch & Tone (Rachel)- hybrid class *45 min.
12:00 PM		HIGH Yo (Rachel) - hybrid class *45 min.
5:00 PM	Barre Above (Amber)	POUND (Britnee & Allie)
5:45 PM		TRX Suspension Training (Deborah) *40 min.
6:00 PM	Spin (Renee)	Tone & Yo (Alie & Rachel) *NEW*
7:00 PM		Turn Up Dance Fitness (Rachel)
THURSDAY		
9:00 AM	Spin Express (Rachel) *40 min.	
9:50 AM	Just Pedal (Rachel) *30 min. *NEW*	Barre Above (Reginna)
11:00 AM	Kettlebell AMPD (Rachel) *45 minutes	
12:00 PM		Golden Games (Reginna) *30 min. *NEW*
4:40 PM	Floor Barre (Avery) *45 minutes	TRX Suspension Training (Allie)*40 minutes
5:30 PM	Kettlebell AMPD (Allie)	
5:45 PM		Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.
6:35 PM	Buns, Guns & Abs (TBA) *45 minutes	Xtreme Hip Hop- step aerobics (Rachel)
7:30 PM		Pilates (Rachel)*45 min.
FRIDAY		
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min.	
9:00 AM	Ex-Press Strength (Bre) *45 minutes	
10:30 AM	Silver Sneakers (Renee)	Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.
11:45 AM	S.E.A.T (Reginna) *45 min.	
1:00 PM		ROCKsies Adult Tap Class (Rachel & Kelsey)
4:30 PM	Muscle Mixer (Renee) *45 minutes	Junior ROCKsies Tap -ages 8+ (Rachel) *45 min.
5:15 PM		HIGH Low Fitness (Avery)
SATURDAY		
8:00 AM	Pop Up Classes - Watch for Details	
8:30 AM		POUND (Rachel)
9:30 AM	Buns, Guns & Abs (TBA)	Pop- Up Kids Classes (ages 5-12) - Watch for Details
10:30 AM	Pop Up Classes - Watch for Details	Pop Up Classes - Watch for Details

For the most up-to-date daily schedule, please visit [www.rockstarwellnessllc.com/schedule](http://www.rockstarwellnessllc.com/schedule)

Hybrid classes have both in-person and virtual options available.

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- First Friday - November 1st - ROCKsies Performance at 5:30 PM, Canned Food Drive Begins
  - Healthy Harvest 21 Day Challenge begins November 11th!
  - Rockstar Stride Tribe - run/walk club- registration opening soon!
  - Fitmas is on December 7th - Registration opens November 1st!
- Fit Fam Friday - join us post class for dinner with our Fitness Fam - November 22nd at 6:30 PM
- We will close for Thanksgiving at 1:00 PM on Wednesday, November 27th and reopen on Saturday, November 30th
  - POUNDgiving - canned food drive finale event - November 30th at 10:30 AM
  - Join us for the Merry-etta Lighted Christmas Parade on November 30th at 6:00 PM
    - Rockstar On-Demand is now available! Workout with us from home!
- Small Group Personal Training is available on Tuesday at 6:00 AM starting November 5th! Space is limited!
  - Small Group Mobility with Bre - every Tuesday at 5:30 PM (\$10 drop-in)
- Pickleball Open Court Times are available - register at [www.rockstarwellnessllc.com/pickleball](http://www.rockstarwellnessllc.com/pickleball)
- Childcare is available for ages 6 months - 10 years by appointment! Register at [www.rockstarwellnessllc.com/childcare](http://www.rockstarwellnessllc.com/childcare)