

# February Class Schedule

See our website for more information about RAM Fitness:

[www.getramfit.com](http://www.getramfit.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>**Classes in <i>ORANGE</i> are specialty classes and will be an additional fee. \$5 for unlimited members \$7 for Non-members</b></p>	<p><b>**Classes in <i>BLUE</i> are new additions to the calendar. Please come try!</b></p>	<p><b>*Please note that classes are subject to change based on instructor availability and class attendance.</b></p>	<p>1 5:30 Boot Camp 8:30 Max Burn/Abs 9:30 Body Sculpt 5:45pm RAM 40 6:45pm CardioCore</p>	<p>2 5:30 Spin 8:30 Circuit/Stretch <b><i>12:30pm Extreme Tone with Sheri</i></b> 5:45pm Turn &amp; Burn</p>	<p>3 5:30 Boot Camp 9:30 RAM 60  <i>5:45pm Hip Hop</i></p>	<p>4 8:00am Boot Camp 9:30am RAM 60</p>
<p>5  1:00pm Spin 2:00pm Horizontal Conditioning</p>	<p>6 5:30 Boot Camp 8:30 RAM 40 9:30 RAM 40 5:45pm RAM 40 6:45pm BodySculpt</p>	<p>7 5:30 Spin 8:30 Turn &amp; Burn 9:30 Step 5:45pm Zumba</p>	<p>8 5:30 Boot Camp 8:30 Max Burn/Abs 9:30 Body Sculpt 5:45pm RAM 40 6:45pm CardioCore</p>	<p>9 5:30 Spin 8:30 Circuit/Stretch 9:30 Core&amp;More (Horiz. Cond.) 5:45pm Turn &amp; Burn</p>	<p>10 5:30 Boot Camp 9:30 RAM 60 <b><i>11:00 Kettlebell with Sheri</i></b></p>	<p>11 8:00am Boot Camp 9:30am RAM 60 <b><i>10:30am TRX</i></b></p>
<p>12  1:00pm Turn &amp; Burn</p>	<p>13 5:30 Boot Camp 8:30 RAM 40 9:30 RAM 40 5:45pm RAM 40 6:45pm Core&amp;More (Horiz. Cond.)</p>	<p>14 5:30 Spin 8:30 Turn &amp; Burn 9:30 Step <b><i>12:30pm Extreme Tone with Sheri</i></b> 5:45pm Zumba</p>	<p>15 5:30 Boot Camp 8:30 Max Burn/Abs 9:30 Body Sculpt 5:45pm RAM 40 6:45pm CardioCore</p>	<p>16 5:30 Spin 8:30 Circuit/Stretch 9:30 Core&amp;More (Horiz. Cond.) 5:45pm Turn &amp; Burn</p>	<p>17 5:30 Boot Camp 9:30 RAM 60  <i>5:45pm Hip Hop</i></p>	<p>18 8:00am Boot Camp 9:30am RAM 60</p>
<p>19  1:00pm Spin 2:00pm Horizontal Conditioning</p>	<p>20 5:30 Boot Camp 8:30 RAM 40 9:30 RAM 40 5:45pm RAM 40 6:45pm BodySculpt</p>	<p>21 5:30 Spin 8:30 Turn &amp; Burn 9:30 Step 5:45pm Zumba</p>	<p>22 5:30 Boot Camp 8:30 Max Burn/Abs 9:30 Body Sculpt 5:45pm RAM 40 6:45pm CardioCore</p>	<p>23 5:30 Spin 8:30 Circuit/Stretch 9:30 Core &amp; More (Horiz. Cond.) 5:45pm Turn &amp; Burn</p>	<p>24 5:30 Boot Camp 9:30 RAM 60</p>	<p>25 8:00am Boot Camp 9:30am RAM 60 <b><i>10:30am TRX</i></b></p>
<p>26  1:00 Turn &amp; Burn</p>	<p>27 5:30 Boot Camp 8:30 RAM 40 9:30 RAM 40 5:45pm RAM 40 6:45pm Core &amp;More (Horiz. Cond.)</p>	<p>28 5:30 Spin 8:30 Turn &amp; Burn 9:30 Step. 5:45pm Zumba</p>	<p>29 5:30 Boot Camp 8:30 Max Burn/Abs 9:30 Body Sculpt 5:45pm RAM 40 6:45pm CardioCore</p>	<p><i>If you need assistance and no one is at the studio, please call the owner Rae Anne Mullins at 908-4123. Thank you!</i></p>		