Rancho Santa Susana Community Center
5005-C Los Angeles Avenue, Simi Valley, CA 93063 / (805) 584-4456

Steps, resistance bands and hand weights provided.
Please bring your own mat, towel, and water!

$30/calendar month
Get your monthly membership online at rsrpd.org before the 10th of each month.
Register for the month and workout as often as YOU want!
or $6/day (pay at front counter before class)

FEBRUARY-MAY 2022 CALENDAR

<table>
<thead>
<tr>
<th>CLASS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>TIME</td>
<td>ROCK IT 8:30-9:30 AM</td>
<td>JAZZERCISE 6:00-7:00 PM</td>
<td>PLYOJam 7:15-8:15 PM</td>
<td>DANCE STRENGTH 7:15-8:15 PM</td>
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<tr>
<td>INSTRUCTOR</td>
<td>SUE</td>
<td>ANNE</td>
<td>JOE</td>
<td>JAMIE</td>
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<td>ReFIT</td>
<td>Lo-JAZZERCISE 6:00-7:00 PM</td>
<td>PLYOJam 4:45-5:45 PM</td>
<td>Lo-JAZZERCISE 8:30-9:30 AM</td>
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<td>5:00-6:00 PM</td>
<td>6:00-7:00 PM</td>
<td>4:45-5:45 PM</td>
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<td>SUE</td>
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*Dance Strength & Stretch*
A blend of yoga, Pilates and classical dance exercises, geared towards increasing strength and flexibility without adding bulk.

**Jazzercise**
The original dance exercise phenomenon! Each workout is an energizing mix of dance and muscle toning movements choreographed to today’s hottest music.

**PlyoJam**
Infuses easy to follow hip-hop moves and HIIT inspired movements, creating a dance workout to music hits that’ll help you shred serious calories. All skill levels welcome!

**Refit**
A life changing group fitness experience that rocks your body, heart and soul with powerful moves and positive music to inspire you from the inside out.

**Rock It**
A H.I.I.T. class combining weight training and cardio intervals to maximize overall fitness and burn more calories in a short amount of time.

*Schedule subject to change without prior notice.*
To register for GET FIT Calendar Month Membership follow these simple steps!
Visit www.rsrpd.org, click on ONLINE REGISTRATION, then click on MEMBERSHIPS tab. (You will need to create a new Amilia account if you havent already.) Then select the Get Fit months you would like to join.