



RHODE ISLAND FITNESS

JOHNSTON, RI SCHEDULE March 2015

www.RKBLIVE.com – (401) 272-KICK (5425)

Monday

CROSS TRAINING

(Group exercise w/ weights)
9:30 am
(Colleen)

Fitness Kickboxing
5:30 pm
(Rondeau)

Fitness Boxing & Kickboxing
6:30 pm
(Shawna)

BOOTCAMP

7:30pm
(Jamie)

Tuesday

BOOTCAMP

6:00 am
(Jamie)

Fitness Kickboxing
9:30 am
(Colleen)

CROSS TRAINING

(Group Exercise w/ Weights)
5:30 pm
(Becky)

Fitness kickboxing

6:30 pm
(Rondeau)

Wednesday

Fitness Kickboxing & Weights

9:30 am
(Rondeau)

Kids Kickboxing & Boxing
5:30 pm
(Colleen)

Fitness Kickboxing & Weights
6:30 pm
(Colleen)

ZUMBA
7:30pm
LIN-Z

Thursday

Fitness Kickboxing

9:30 am
(Rondeau)

Fitness Kickboxing

5:45 pm
(Jamie)

BOOTCAMP

6:30pm
(Jamie)

Friday

Fitness Kickboxing & Weights

9:30 am
(Rondeau)

Kids Kickboxing & Boxing
5:30 pm
(Nick)

Fitness Kickboxing
6:30 pm
(Nick)

Saturday

Fitness Kickboxing

9:30 am
(Trainers Rotate)

Biggest Loser Transform You
90 days to a New You!
*Sign up now!
12 weeks unlimited classes & 6 personal training

Sunday

Cross Training

8:00am
(Kim)

Fitness Kickboxing
10:00 am

(Nick)

Kids Kickboxing & Boxing
10:00 am
(Nick)

SPARRING CLASS BEGINNERS WANTED

10:45am
(Nick)

12 Sunnyside Ave. – Johnston, RI

(off Kilingly St. behind the shell gas station)

(401) 272-KICK (5425)

\$5 for your first class

Drop in card: 5 classes for \$50

No Contract Memberships !!

PERSONAL TRAINING – MEAL PLANS

GIFT CERTIFICATES AVAILABLE

www.RKBLIVE.com

www.RIFitness.net