



*PhysioFIT Series*

# **Last 4 Weeks Drop-ins Welcome!**

**Check out the topics for the last 4 weeks of Becca's  
PhysioFIT series! Saturday's at 9:15 am**

- 5/15 - barre inspired leg workout
- 5/22 - foam roller class
- 5/29 - resistance band class
- 6/05 - vinyasa inspired core flow



**SIGN UP**

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All studio classes are offered via Zoom for \$15/class.

**On Demand Library** available through the RTC Video subscription at \$19/month.

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## Summer Schedule Preview!

Starting May 17th the follow classes will be added to our existing schedule!

Check [here](#) for the full schedule.

- Monday at 6:00 pm Yin Yoga
- Tuesday at 9:15 am Stability
- Thursday at 6:00 pm Evening Flow
- Saturday at 9:15 am Flow (starting June 19th)



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