

# May/June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:30am</b> <i>(60 min. unless indicated)</i>	<p style="text-align: center;"><b>Update as of Friday, April 30—</b></p> <p style="text-align: center;">The RFC will re-open on Monday, May 3; however, due to limited operational hours and campus access, participation at this time is limited to employees only. Please stay tuned for more updates as we continue to monitor and re-evaluate our capabilities to expand services.</p> <p style="text-align: center;">Thank you for your understanding.</p> <p style="text-align: center;">Until we can meet again, please continue to visit . . .</p> <ul style="list-style-type: none"> <li>• <a href="#">Family &amp; Retiree RFC Newsletter</a> for monthly program updates</li> <li>• <a href="#">Weekly Class Schedule</a> for new Zoom links (Group Exercise &amp; Yoga)</li> <li>• <a href="#">RFC Video Gallery</a> for archived class videos (Strength, Cardio, Yoga &amp; more!)</li> </ul>				
<b>11:15am</b> <i>(45 min. unless indicated)</i>					
<b>12:15pm</b> <i>(45 min. unless indicated)</i>					
<b>1:15pm</b> <i>(45 min. unless indicated)</i>					
<b>4:30pm</b> <i>(45 min. unless indicated)</i>					
<b>5:15pm</b> <i>(75 min. unless indicated)</i>					
<b>5:30pm</b> <i>(60 min. unless indicated)</i>					
<p>■Class format rotates. ■Class requires a participation number. A Safety Waiver or Medical Clearance is required prior to participation. Instructors may change without notice.</p>					