

RHODE ISLAND FITNESS

www.RIFITNESS.net – (401) 272-KICK (5425)



Monday

BOOTCAMP

7:30pm

Tuesday

**6:00am
BOOTCAMP**

Personal Training

\$25 per session!
(half hour)

Sign up now and
schedule it at your
convenience!

Wednesday

**30 minute
CROSS
TRAINING
Circuit
8am-11am**

Obstacle Course
Training Class
8:00am

Obstacle Course
Training Class
7:30pm

Thursday

**6:00am
BOOTCAMP**

BOOTCAMP

7:30pm

Friday

**30 minute
CROSS
TRAINING
Circuit
8am-11am**

**Bootcamp
8:00am**

Obstacle Course
Training Class

7:30pm

Saturday

**30 minute
CROSS TRAINING
Circuit
8am-11am**

Obstacle Course
Training Class
10:30am

Sunday

**30 minute
CROSS
TRAINING
Circuit
8am-11am**

Obstacle Course
Training Class
8:00am

12 Sunnyside Ave.

Johnston, RI

(401) 272-5425

PERSONAL TRAINING – MEAL PLANS

Kids Birthday Parties

GIFT CERTIFICATES AVAILABLE

www.RIFITNESS.net

\$15 Drop In Class or Buy a Membership