

2022 Multipurpose Room Land Class Schedule & Rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:00am	TBC Rose		TBC Rose		TBC Gentle Rose
8:30-9:30am	Yoga Flow Amanda	Yoga's B.E.S.T. Cindy/Rose	Gentle Yoga Amanda	Yoga's B.E.S.T. Rose/Cindy	Yoga Flow Amanda
11:00-11:45am		Silver Sneakers Sue		Silver Sneakers Sue	
5:30-6:30pm	Tai Chi Beginners Gregg/Phill		Tai Chi Gregg/Phill		
Fitness On Demand (FOD) Virtual Classes	COMING SOON				
Room Rentals				Black Hills Fencing 6:00-8:00pm	

Intermittent Rentals may be scheduled and not listed. Rental information for the Multi-Purpose Room may be obtained by contacting Barbara Iwan. barbara.iwan@rcgov.org

*CLASSES ARE SUBJECT TO CHANGE AT ANY TIME. OUTSIDE TRAINING OR NON-FACILITY LEAD GROUP EXERCISE CLASSES ARE NOT PERMITTED. Exercise Participants must be 15 years of age. City Programming takes priority in areas which they occupy.

Effective June 1, 2022

Gentle Yoga We keep it low and slow. Perfect class for beginners and all levels of ability.

Silver Sneakers Classic Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

Tai Chi Chuan Chinese martial arts exercise that focuses on intention and big, smooth, slow core movement to recharge and energize the body. Research on Tai Chi Chuan has demonstrated numerous benefits-including better balance and strength and improved bone density. Class is suitable for ages 15+. Please wear loose, comfortable clothing and flat soled shoes.

TBC (Total Body Conditioning) designed to work major muscle groups while targeting smaller muscle groups at the same time. A variety of toning and sculpting techniques will be used, such as; bands, free weights, stability balls, bars, step boards, etc. This class is geared for all levels.

Yoga's B.E.S.T. B–Learn proper “breathing” techniques; E–Leave the class feeling “energized”; S–Lots of “stretching”; T–“toning” and strengthening the muscles. This class incorporates Hatha Yoga (Health), Ashtanga Yoga (Strength), Pilates (Core), Vinyasa (Flowing Sun Salutations), and Yoga Fit (Beth Shaw). Designed for all levels.

Yoga Flow Start your day off right with a flowing yoga class. Perfect for all levels.

Fitness On Demand – FOD virtual classes will be scheduled around our live instructors. FOD will be available to individuals/small groups by reservation with a pick your own class from the menu offerings. RC Aquatics will be working on room rental system for this feature. We hope to have in place by June 2022.