

# 2022 Multipurpose Room Land Class Schedule & Rentals

| Time          | Monday                           | Tuesday                  | Wednesday              | Thursday                              | Friday              | Saturday               |
|---------------|----------------------------------|--------------------------|------------------------|---------------------------------------|---------------------|------------------------|
| 7:30-8:15am   | TBC<br>Rose                      | Fitness on<br>Demand     | TBC<br>Rose            | Fitness on<br>Demand                  | TBC Gentle<br>Rose  |                        |
| 8:30-9:30am   | Yoga Flow<br>Amanda              | Yoga's B.E.S.T.<br>Cyndi | Gentle Yoga<br>Amanda  | Yoga's B.E.S.T.<br>Cyndi              | Yoga Flow<br>Amanda |                        |
| 9:00-10:30am  |                                  |                          |                        |                                       |                     | Tai Chi<br>Gregg/Phill |
| 11:00-11:45am |                                  | Silver Sneakers<br>Sue   |                        | Silver Sneakers<br>Sue                |                     |                        |
| 5:30-6:30pm   | Tai Chi Beginners<br>Gregg/Phill |                          | Tai Chi<br>Gregg/Phill |                                       |                     |                        |
| Room Rentals  |                                  |                          |                        | Black Hills<br>Fencing<br>6:00-8:00pm |                     |                        |

\*Fitness on Demand - reservations required. Available times will be offered around classroom schedule. Additional charge required. \$8.00 per person or \$2.00 with Aquatic Pass.

\*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.

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](mailto:barbara.iwan@rcgov.org)

Effective September 1<sup>st</sup> 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.

**TBC Gentle (Total Body Conditioning)** Same as TBC (Total Body Conditioning) but for beginners

**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 Room Rentals** – 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 in the near future.