

# 2021 Multipurpose Room Land Class Schedule & Rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:35-6:35am</b> 15 participants		<b>HIIT</b> Naomi	<b>Completely Core</b> Naomi	<b>HIIT</b> Naomi		
<b>7:30-8:15am</b> 18 participants		<b>TBC</b> Rose		<b>TBC</b> Rose		
<b>8:30-9:30am</b> 24 participants	<b>Yoga Flow</b> Amanda	<b>Yoga's B.E.S.T.</b> Rose	<b>Gentle Yoga</b> Amanda	<b>Yoga's B.E.S.T.</b> Rose	<b>Yoga Flow</b> Amanda	
<b>9:00-10:30am</b> 24 participants						<b>Tai Chi</b> Gregg/Phill
<b>11:00-11:45am</b> 24 participants		<b>Silver Sneakers</b> Sue		<b>Silver Sneakers</b> Sue		
<b>5:30-6:30pm</b> 24 Tai Chi 12 Body Sculpt Room Rentals	<b>Tai Chi Beginners</b> Gregg/Phill	<b>Body Sculpt</b> Brenda	<b>Tai Chi</b> Gregg/Phill	<b>Body Sculpt</b> Brenda		
				<b>Black Hills Fencing</b> 6:45-8:45pm		

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)

\*City Programming takes priority over the areas in which they occupy.

\*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.

11/10/2021

**Body Sculpt** Combination of strength training and cardio. Instructor welcomes all ability levels. Be ready to sweat.

**Completely Core** Will work your entire core plus a little more. We will strengthen abdominals, back, hips, glutes, and shoulders. This class is all about functional fitness that will improve posture, stability, and movements in your everyday life.

**\*\*FIT LOT** We welcome all fitness levels to participate. The Fit Lot is also free to the community for use when organized classes are not in session.

**Gentle Yoga** Join us for gentle flow yoga. We keep it low and slow. Perfect class for beginners and all levels of ability.

**HIIT** High Intensity Interval Training is a full body workout, with short bursts of high intensity work with short rest breaks. This class consists of cardio/strength-based moves to make sure you are getting a well-rounded workout.

**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.