

2022 Multipurpose Room Land Class Schedule & Rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35-6:35am 16 participants		HIIT Naomi	Completely Core Naomi	HIIT Naomi		
7:30-8:15am 18 participants		TBC Rose		TBC Rose		
8:30-9:30am 24 participants	Yoga Flow Amanda	Yoga's B.E.S.T. Rose	Gentle Yoga Amanda	Yoga's B.E.S.T. Rose	Yoga Flow Amanda	
9:00-10:30am 24 participants						Tai Chi Gregg/Phill
11:00-11:45am 24 participants		Silver Sneakers Sue		Silver Sneakers Sue		
5:30-6:30pm 24 Tai Chi 12 Body Sculpt Room Rentals	Tai Chi Beginners Gregg/Phill	Body Sculpt Brenda	Tai Chi Gregg/Phill	Body Sculpt Brenda		
				Black Hills Fencing 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.

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*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.

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. This class is all about functional fitness that will improve posture, stability, and movements in your everyday life by strengthen abdominals, back, hips, glutes and shoulders.

****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 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 & short rest breaks. 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.