

# RAPID CITY PARKS & RECREATION

## 2025 WINTER GUIDE

<https://rapidcity.activityreg.com>

Facilities \* Programs \* Special Events



515 West Boulevard, Rapid City, SD 57701

Telephone: (605) 394-4175

Website: [www.rcgov.org](http://www.rcgov.org)

Email: [parksandrecweb@rcgov.org](mailto:parksandrecweb@rcgov.org)

## PARKS AND RECREATION DEPARTMENT

Director	Jeff Biegler	(605) 394-4175
Parks Division Manager	Scott Anderson	(605) 394-4175
Recreation Division Manager	Doug Lowe	(605) 394-4175
Landscape Architect	Melissa Petersen	(605) 394-4175
Landscape Designer	Darin Sabers	(605) 394-4175
Parks & Recreation Specialist	Lindsey Myers	(605) 394-4175
Administrative Coordinator	Amy Graves	(605) 394-4175

## AQUATICS DIVISION

Recreation Specialist	Teaghan Slagle	(605) 394-5223
Recreation Specialist	Suzanne Reeve	(605) 394-5223
Recreation Maintenance Chief	Cliff Zechiel	(605) 394-5223
Administrative Assistant	Karen Johnson	(605) 394-5223

## RECREATION DIVISION

Recreation Specialist	Matt Brandhagen	(605) 415-0226
Recreation Specialist	Jeff Richardt	(605) 394-4175

## ICE ARENA

Recreation Specialist	Erin Holmes	(605) 394-4161
Recreation Coordinator	Gary Stanley	(605) 394-4161
Administrative 1	Laura Fairhead	(605) 394-4161

## GOLF DIVISION

Recreation Specialist	Kristy Lintz	(605) 394-4191
Recreation Specialist	Emily Carstensen	(605) 394-4191
Golf Course Superintendent	JJ Walraven	(605) 394-4191

## PARKS DIVISION

Maintenance Supervisor	Doug Kroeger	(605) 394-4175
Forestry & Landscape Supervisor	Jason Preble	(605) 394-4175
Cemetery Supervisor	Craig Nichols	(605) 394-4189
Park Ranger Supervisor	Jerrell Lewellen	(605) 394-4175

# ACTIVITIES GUIDE CONTENTS

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### Parks and Recreation Department Information and Policies

- Staff at each recreation facility can assist with general questions about registration, programs and department policies.
- The Rapid City Parks and Recreation Department reserves the right to make adjustments to fees, schedules or programs as necessary.
- The Parks and Recreation Department is not allowed to give refunds unless a program is canceled by the City. If you have any questions about the refund policy, please contact the Parks and Recreation Office at (605) 394-4175.



### FACEBOOK PAGE

The Rapid City Parks & Recreation Department Facebook page will have up-to-date information on program updates, cancellations, and events.

### Mission Statement:

The mission of the Rapid City Parks and Recreation Department is to make Rapid City a better place to live, work and play.

### Purpose:

To provide and maintain parks and open space throughout the community as well as a wide range of recreation facilities and opportunities for citizens of all ages.

Photos taken at classes and during programs may be used by Rapid City Parks & Recreation for promotional purposes.



We strive to produce the most accurate, up to date Program Guide possible. However, some program information may have changed since this guide was published.



# BIRTHDAY PARTIES

## **Birthday Parties at Roosevelt Park Ice Arena**

**Bring your own party supplies, food and get your own reserved table in the mezzanine area. Fridays from 7:30 p.m. - 9:30 p.m. and Saturdays from 1:30 p.m. - 3:30 p.m. or 6:00 p.m. - 9:00 p.m. if public skate is scheduled.**

**To reserve your ice-skating birthday party, call the Roosevelt Park Ice Arena at (605) 394-6161 at least two weeks in advance of your desired date (space is limited). 7 days advance reservation at a minimum is required and will depend on available space. No parties will be allowed in the lobby area.**

### **Package includes:**

**Admission and skates for 8 people \$110.00**

**Table in the mezzanine area**

**Each additional skater is \$10.00**

**NO ALCOHOL IS TO BE SERVED AT BIRTHDAY PARTIES**

## **Birthday Party at Roosevelt Swim Center**

**Parties are scheduled during open swim. Pricing includes admission for 8 to swim and private party room rental.**

**Children under the age of 6 must have an adult in the water within arms reach. Call (605) 394-5223 to reserve your time!**

### **Package includes:**

**\* 2 1/2 hours for up to 8 children \$115.00**

**\* Each additional swimmer \$8.00**

**\* 1 1/2 hours for up to 8 children \$100.00**

**\* Each additional swimmer \$8.00**

# HOW TO REGISTER

Register online at [https://rapidcity.activityreg.com/ClientPage\\_t2.wcs](https://rapidcity.activityreg.com/ClientPage_t2.wcs). You will need your username and password. To recover a forgotten username and password, click the login button and click “forgot password”. If you are a new participant, go the website above and create an account. You may also register over the phone or at the Parks and Recreation Office located at 515 West Blvd.

## CREATE AN ACCOUNT

1. Go to [https://rapidcity.activityreg.com/ClientPage\\_t2.wcs](https://rapidcity.activityreg.com/ClientPage_t2.wcs). On the right side of the top menu bar, select, “Login”
2. You will be directed to the a new screen titled **Login**. Create a username and password for your account. Enter all information for the main account holder first.
3. Click “Save and Continue” when completed.
4. Click “Add New Member” and enter information for the next person in your family until you have completed your family account.
5. To register for an activity, click on “Register” at the top of the page or select an activity above.
6. Your account setup is complete! You may manage your account at any time by selecting “Account” at the top of the home screen.

## ONLINE REGISTRATION

1. Go to [https://rapidcity.activityreg.com/ClientPage\\_t2.wcs](https://rapidcity.activityreg.com/ClientPage_t2.wcs). Click on “Register” on the top menu bar. A drop-down menu will appear with categories for “Activities” and “Facilities”.
2. Select “Activities”. You will be directed to the activity page.
3. Select a department for list of activities offered.
4. Select the activity you would like to register. Click the “Paper Icon” under “Sign up”.
5. Select a family member to register for specific activity.
6. Fill out activity information.
7. Click “Add to Cart”.
8. Pay for activity!

# AQUATICS



# AQUATICS DIVISION

## Roosevelt Park Swim Center Hours

(Pools will close 15 minutes prior to the building)

### Swim Center Facility Hours

Monday - Friday 5:30 a.m. - 8:00 p.m.  
Saturday 8:00 a.m. - 6:00 p.m.  
Sunday 12:00 p.m. - 6:00 p.m.

### Swim Center Pool Schedule

#### Open Swim

Monday - Thursday 3:00 p.m. - 5:00 p.m. / Leisure Pool 6:30 p.m. - 7:45 p.m.  
  
Friday 12:00 p.m. - 7:45 p.m.  
Saturday 12:00 p.m. - 5:45 p.m.  
Sunday 12:00 p.m. - 5:45 p.m.

#### Lap Swim

Monday - Friday 5:30 a.m. - 7:45 p.m.  
Saturday 8:00 a.m. - 5:45 p.m.  
Sunday 12:00 p.m. - 5:45 p.m.

\* Open Swim is subject to change for school schedule and swim lessons.

### Building Closed

December 24, 2024 - Closed  
December 25, 2024 - Closed  
December 31, 2024 at 4:00 p.m.  
January 1, 2025 - Closed  
April 20, 2025 - Closed

SORRY, WE ARE  
*CloseD*

Each of our pools is unique, with a variety of amenities for all ages. Please visit our website for more information on attractions at each pool.

<https://www.rcgov.org/departments/parks-recreation/aquatics/facilities.html>



125 Waterloo Street  
(605) 394-5223

Like our [Facebook Page](#)  
Rapid City Aquatics



# AQUATICS DIVISION

## 2025 Aquatic Facility Admission Rates

### 20 Punch Pass

Adult/Youth	\$95.00
Senior (62+)	\$74.00
Additional Family Members	\$42.00
Family (4 passes)	\$236.00

### Quarterly Pass\*

Adult	\$115.00
Adult Couple *	\$174.00
Senior (62+)	\$78.00
Senior Couple *	\$123.00
Youth (Ages 3-17)	\$91.00
Young Adult (Ages 18-25)	\$97.00
Family Pass (4 passes)	\$252.00
Additional Family Member	\$42.00

### Daily Pass

Adult/Youth	\$8.00
Senior (62+)	\$7.00

### Yearly Pass \*

Adult	\$420.00
Adult Couple *	\$630.00
Senior (62+)	\$294.00
Senior Couple *	\$441.00
Youth (Ages 3-17)	\$315.00
Young Adult (Ages 18-25)	\$350.00
Family Pass (4 passes)	\$761.00
Additional Family Member	\$78.00

- **Couple - Defined as both customers married or producing information showing the same mailing address.**
- **All patrons must pay to enter the facility**

## Aquatics Division Policies & Information

### Supervision

All Children ages 9 and under must be accompanied by someone 15 years of age or older at the facility. Children ages 6 and under are required to be within arms reach and supervised by someone 15 years of age or older in the water. Please refer to General Pool Safety Rules if you have any questions.

### Individual Supervision Ratios

- 18 years of age and older: 8 children to 1 adult
- 17 to 15 years of age: 4 children to 1 teen
- See aquatics staff for groups larger than 10.

### Swim Pants

Swim pants are required for children who are not toilet trained.

### Inclement Weather

Facility closures due to weather conditions will be broadcast as soon as possible. Please call ahead before traveling in inclement weather. Please check Rapid City Aquatics' Facebook page or contact the pool of preference.



### Group Rate

The group rate is available for groups of 30 or more and they must have 2 weeks' advance notice. Call the Roosevelt Swim Center to schedule your group.

### *Rapid City Aquatics Policy Manual*

<https://www.rcgov.org/departments/parks-recreation/aquatics.html>

All program changes **MUST** be made by calling (605) 394-5223.  
No changes will be made via e-mail



# SWIMMING LESSONS

## Winter Swim Lessons

### 6-Week Lessons

**Online registration:** Register on-line Friday, December 13, 2024 at 8:00 a.m. [rapidcity.activityreg.com](https://rapidcity.activityreg.com)

**Phone-In and Walk-in Registration:** Offered on Monday, December 16, 2024; call (605) 394-5223.

### 4-Week Lessons

**Online registration:** Register on-line on Saturday, February 1, 2025 at 9:00 a.m. [rapidcity.activityreg.com](https://rapidcity.activityreg.com)

**Phone-In and Walk-in Registration:** Offered on Monday, February 3, 2025 call; (605) 394-5223.

### 2-Week Lessons

**Online registration:** Register on-line on Saturday, March 29, 2025 at 8:00 a.m. [rapidcity.activityreg.com](https://rapidcity.activityreg.com)

**Phone-In and Walk-in Registration:** Offered on Monday, March 31, 2025; call (605) 394-5223.

### Waitlist Procedures

Swim Center staff will notify waitlist sign-ups if your child is able to be placed in a class. Waitlists are not guaranteed placement into swim lessons. The waitlist will cease once wait-list capacity is reached.

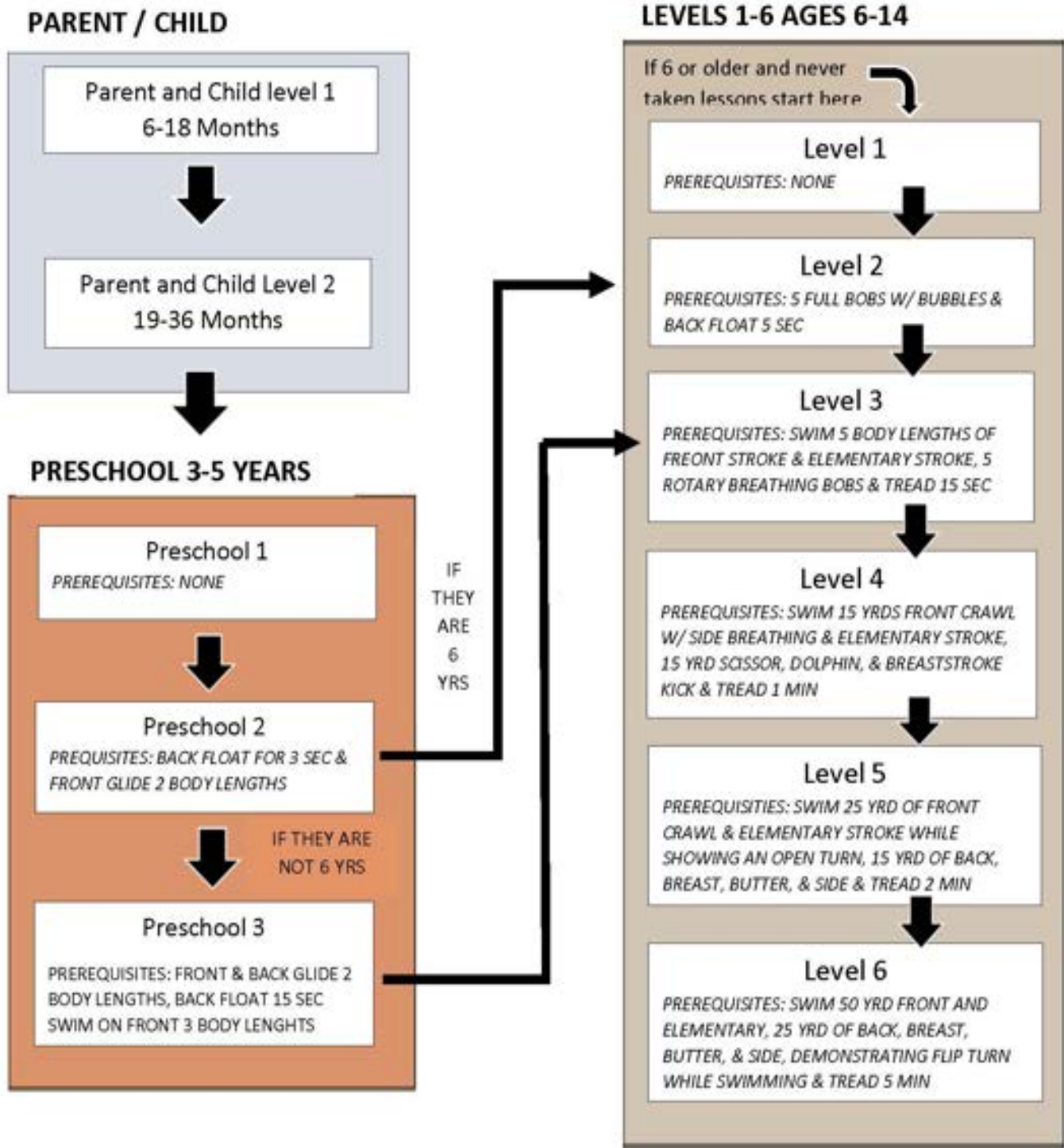
Note: it is important for swimmers to be in the correct level; Please don't guess. If your swimmer is new to swimming, or you can't remember what level they should be in, send a quick e-mail to [teaghan.slagle@rcgov.org](mailto:teaghan.slagle@rcgov.org), and we can look to make sure the appropriate registration is made.

**Incorrect registration does not guarantee placement into another class of correct skill level & time of your choice; your swimmer may be removed from the program.**



*Mark your  
calendars for  
Winter Swim  
Lessons!*

# SWIM LEVEL PROGRESSION



## **Parent-Assisted Preschool Class**

Do you have a preschool child aged 3-5 who struggles with getting in the water? This class may be for you and your child! This class will be led by our long-time Parent & Child Instructor and will combine some of the elements of that program while introducing American Red Cross Preschool 1 skills.

Please Note: 1 Parent will be expected to be in the water actively participating with the child and instructor during the 30-minute class time.

# KIDS SWIMMING LESSONS

January 6 - February 15, 2025

6-Week Session

1 day per week (Monday, Wednesday, Saturday) - \$55.00

2 days per week (Tuesday & Thursday) - \$60.00

Roosevelt Swim Center

*Registration will open Friday, December 13, 2024 at 8:00 a.m. and closes December 29, 2024*

## Monday

5:10 p.m. - 5:40 p.m.

Preschool 1  
Preschool 2  
Level 1  
Level 2  
Level 3  
Level 4

5:45 p.m. - 6:15 p.m.

Preschool 3  
Level 2  
Level 3  
Level 4  
Level 5/6

## Tuesday & Thursday

5:10 p.m. - 5:40 p.m.

Preschool 1  
Preschool 2  
Level 1  
Level 2  
Level 4

5:45 p.m. - 6:15 p.m.

Preschool 1  
Preschool 3  
Level 2  
Level 3  
Level 5/6

## Wednesday

5:10 p.m. - 5:40 p.m.

Preschool 1  
Preschool 2  
Level 1  
Level 2  
Level 5/6

5:45 p.m. - 6:15 p.m.

Preschool 1  
Preschool 2  
Level 1  
Level 2  
Level 3  
Level 4

## Saturday

9:00 a.m. - 9:30 a.m.

Parent Child Class  
Preschool 1  
Preschool 3

9:40 a.m. - 10:10 a.m.

Parent Child Class  
Preschool 2  
Preschool 3  
Level 1  
Level 2  
Level 3  
Level 4

10:20 a.m. - 10:50 a.m.

Parent Child  
Preschool 1  
Preschool 3  
Level 1  
Level 2  
Level 2 Advanced  
Level 3  
Level 5/6

11:00 a.m. - 11:30 a.m.

Parent Child Assisted  
Preschool 1  
Preschool 2  
Level 1  
Level 2  
Level 3  
Level 4

March 10 - April 5, 2025

4-Week Session - \$65.00

Roosevelt Swim Center

## Monday/Wednesday

5:10 - 5:40 p.m. Parent Child Class Monday Only, Preschool 1, Preschool 2, Levels 1-4

5:45 - 6:15 p.m. Preschool 2, Preschool 3, Level 2, Level 3, Level 4, Level 5/6

## Tuesday/Thursday

5:10 - 5:40 p.m. Preschool 1, Preschool 3, Level 1, Level 2, Level 4, Level 5

5:45 - 6:15 p.m. Preschool 1, Preschool 2, Level 2, Level 3, Level 5/6

## Saturday

5:10 - 5:40 p.m. Parent Child Class, Preschool 2-3, Level 2, Level 2A, Level 3, Level 4

5:45 - 6:15 p.m. Parent Child Class, Preschool 1, Preschool 2, Level 2, Level 4, Level 5/6

*Registration will open Saturday, February 3, 2025 at 9:00 a.m. and closes February 27, 2025*

April 21 - May 1, 2025

2-Week Session - \$70.00

Roosevelt Swim Center

## Monday - Thursday

5:10 - 5:40 p.m. Preschool 1, Preschool 3, Level 1, Level 2, Level 4, Level 5/6

5:45 - 6:15 p.m. Preschool 1, Preschool 2, Level 2, Level 2A, Level 3, Level 4

*Registration will open Saturday, March 29, 2025 at 9:00 a.m. and closes April 10, 2025*

# Kids SWIMMING LESSONS



DAY  
LESSONS



Tuesday/Thursday Afternoon Lesson  
\$ 65.00

12:45 - 1:15 p.m. Preschool (All Levels)  
1:20 - 1:50 p.m. Levels 1-3  
1:55 - 2:25 p.m. Levels 4-6

Friday Morning Lessons  
\$55.00

9:00 - 9:30 a.m. Preschool All Levels  
9:30 - 10:05 a.m. Parent Child Class

JANUARY 7 - FEBRUARY 6, 2025  
5-WEEK SESSION

ROOSEVELT SWIM CENTER  
125 WATERLOO STREET

Registration opens Saturday, December 13, 2024  
@ 8:00 a.m. and closes December 29, 2024

# ADULT SWIM LESSONS

## *DAY LESSONS*

*JANUARY 8 - FEBRUARY 12, 2025*

*6-WEEK SESSION*

*WEDNESDAY \$55.00*

*11:00 - 11:30 A.M. BEGINNER*

*11:30 A.M. - 12:05 P.M. INTERMEDIATE*

## *EVENING LESSONS*

*FEBRUARY 17 - MARCH 5, 2025*

*3-WEEK SESSION*

*WEDNESDAY \$55.00*

*5:15 - 5:45 P.M. BEGINNER*

*5:50 - 6:20 P.M. INTERMEDIATE*

**ROOSEVELT SWIM CENTER  
125 WATERLOO STREET**

# RUSHMORE SWIM TEAM SWIM MEET

**Christmas Classic Meet  
December 13 - 15, 2024**

**Spectators are Welcome!!**

**Contact Rushmore Swim Team  
for additional information  
at (605) 646-2137**



*Roosevelt Swim Center  
125 Waterloo Street*

# WATER POLO

A photograph of water polo players in a pool. In the foreground, a player in a white cap is holding a yellow water polo ball. Another player in a black cap with the number 5 is visible in the foreground. The background shows other players and a red lane line in the pool.

*Saturday Mornings  
8:00 a.m. - 10:00 a.m.  
Roosevelt Swim Center  
25-Yard Pool*

**Come play Water Polo at the Roosevelt Swim Center. All Abilities are welcome, but basic swimming skills are required.**

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**[www.rapidcity.activityreg.com](http://www.rapidcity.activityreg.com) | (605) 394-5223**

# BUBBLE NIGHT

**CERTIFIED  
SCUBA DIVERS**

Get your bubble fix and keep diving talents current! Certified divers must submit dive certification ID to front desk staff.

Black Hills Aquatic Adventures will provide rentals. Please contact them at (605) 791-1262 for all your rental or gear needs ahead of time.

November 16, 2024

March 15, 2025

December 21, 2024

April 19, 2025

January 18, 2025

May 19, 2025

February 15, 2025

**Time: 3:00 p.m. - 5:30 p.m.**

**Fee: \$10.00 per person**

**Register online or call Roosevelt Swim Center at  
(605) 394-5223. Space is limited.**



# SCHOOL'S OUT OPEN SWIM

*Starts at Noon*

*Leisure Pool*

*Limited Lap Pool & Diving*

*Board Use*

*DECEMBER 23, 2024 - JANUARY 3, 2025*

*(Building Closed December 24 - 25, 2024)*

*JANUARY 20 - 21, 2025*

*FEBRUARY 17, 2025*

*APRIL 14 - 18, 2025*

# LIFEGUARD TRAINING

Rapid City Aquatics is a licensed training provider (LTP) for the American Red Cross. We offer various Health and Safety Courses at the Swim Center. Blended Learning participants complete online studies and then participate in an in-person skills session to complete their certification. This greatly reduces the time a participant spends in the classroom while being able to review material at their own pace and after the course for review material at any time.

## *Lifeguard Training*

American Red Cross lifeguard participants must be at least 15 years old by the last day of class and must pass a pre-course swimming skills test. Courses are available in person or via our blended Simulation Learning experience, combining online coursework with in-person skills sessions. Water-park & CPR for the Professional Rescuer are included. We also offer Waterfront Lifeguarding. In addition to full courses, abbreviated recertification courses are available for those with current lifeguard certifications.

## **Blended Classes Offered**

March 6-9, April 14-17, May 1-4, May 9-11, June 9-12, 2025

Please contact Teaghan Slagle at  
(605) 394-5223 or email [teaghan.slagle@rcgov.org](mailto:teaghan.slagle@rcgov.org) to get signed up!

## *Lifeguard Instructor Course*

Health and Safety instructors are an elite group of professionals who teach valuable lifesaving skills to an average of more than 9 million people each year in businesses, schools, and communities. Using the latest proven science and a blended approach to teaching, including lecture and hands-on skills sessions. We offer the following instructor courses:

- Lifeguard Instructor
- CPR Instructor

**February 28 - March 2, 2025 & April 11 - 13, 2025**

Please contact Teaghan Slagle at  
(605) 394-5223 or email  
[teaghan.slagle@rcgov.org](mailto:teaghan.slagle@rcgov.org) to get signed up!



# AMERICAN RED CROSS

CPR classes are offered monthly using the Red Cross Blended Learning. Earn your certification using a combination of self-paced, interactive online learning wherever you have internet access - \$90.00 per person.

\* Classes are offered monthly, with skills sessions scheduled on the 2nd Tuesday of every month at 1:00 p.m. Convenience schedules are offered for \$35.00 per person. Call today, and we can schedule a time that works for you (minimum of 2 participants).

## Adult/Child/Pediatric CPR/First Aid/AED – Lay Rescuer

We offer a combination of these courses specific to your needs. Please call to determine the best fit for you.

## Basic Life Support

They are designed to train healthcare professionals and public safety personnel to recognize and respond to medical emergencies in various healthcare settings.

## Skill Boosts with Additional Fee \$15.00

Optional Skill Boost modules are available and can be added to any course or lesson plan or taught at a later date. However, participants must be certified in First Aid and/or CPR or enrolled in an equivalent Red Cross course.

## Skill Boost

Asthma and Quick-Relief Medication Administration

Anaphylaxis and Epinephrine Auto-Injector

Opioid Overdose Training - Nasal Spray or Atomizer

Life-Threatening Bleeding - Tourniquet

Head, Neck, Muscle, Bone, Joint Injuries - Splinting

## Babysitter Training

This course will prepare you to become one of your neighborhood's most capable, trusted and in-demand sitters. 8 in 10 surveyed parents said they would pay more for a trained babysitter with Red Cross babysitting certifications. You will be certified in First Aid and Pediatric CPR/AED adding value to your clients. Class designed for ages 11-15.

**Fee:** \$125.00

**Date:** December 27, 2024, January 20, 2025, & April 14, 2025

**Time:** 9:00 a.m. - 4:00 p.m.

**Location:** Roosevelt Swim Center

**Registration:** [rapidcity.activityreg.com](https://rapidcity.activityreg.com)



**American  
Red Cross**

# WATER EXERCISE

## Aqua Risers

Class begins at the splash of dawn! Utilizing shallow and deep water for a guaranteed challenge, traveling through the water to maximize your stamina and build strength. Class meets in the Lap pool lanes 6 - 8.

## Aqua Basic

Back to Basics, with Fun & Fitness. Aquatic training that everyone enjoys is an excellent introduction to aquatic fitness training. Improve strength, balance, and function. Leisure pool splash down.

## Deeply Fit

Beginners should take the deep water in advance. They are running and traveling to activate the body's core muscles and increase stamina by applying different exercise movements. Lap pool lanes 6-8.

## Power Waves

This creative class is fun to follow and keeps you warm. Crank up the intensity without overloading your mental circuits. Lap pool lanes 6-8.

## Water Pilates

Mindfully exploring the body mechanics of movement and posture. Drills are designed for strength-building, endurance, balance and flexibility. Focus on developing improved awareness of everyday movement, advancing athletic performance and sharing the discoveries of the amazing human creation. Laughter and refreshments are natural by-products of participation. Leisure pool splash down.

## Master Swim

Adults (17 & over) class for fitness swimmers, tri-athletes, & competitive or previously competitive swimmers. Class emphasizes improving stroke technique and swimming endurance while having fun in a group setting. Workouts for different levels/speeds are offered. 25-yard indoor pool, lap lanes 1-4.

### Water Exercise Class Descriptions

Classes are subject to change at any time. Outside training or non-facility-led group exercise classes are not permitted. Exercise participants must be 13 years of age. City Programming takes priority in which they occupy. See the link for the latest class schedule times: [rapidcity.activityreg.com](https://rapidcity.activityreg.com).



# MULTIPURPOSE ROOM LAND EXERCISE

Intermittent Rental may be scheduled and not listed. For more information about rentals, contact Teaghan Slagle by email at [teaghan.slagle@rcgov.org](mailto:teaghan.slagle@rcgov.org). Classes are subject to change at any time. Outside training is NOT permitted. Exercise participants must be 13 years of age. See the link for the latest class schedule times: [rapidcity.activityreg.com](http://rapidcity.activityreg.com).

## ***Silver Sneakers Classic***

Move through various exercises designed to increase muscular strength, range of movement, and activities for daily living.

## ***Vinyasa Flow Yoga***

Enjoy flowing sun salutations in this class, connecting our breath to our movements as we change poses in a flowing sequence. This class is perfect for all levels.

## ***Pilates***

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, and tone your muscles. This class uses light weights, balls, or resistance bands and is designed for all levels.

## ***Yoga Flow***

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

## ***Tai Chi Chuan***

Chinese martial arts exercise focuses on intention and big, smooth, slowcore 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. The class is suitable for 15+. Please wear loose, comfortable clothing and flat-soled shoes.

## ***Chair, Core & More***

Improve your balance, stability, and strength while you increase your endurance with different forms of modified chair exercises, including yoga, core & mobility. "Live Better".

## ***Cardio & Core***

The Cardio & Core workout puts your body through its paces, testing your core and challenging your cardiovascular fitness. Suitable for all levels of fitness.

## ***Chair / Mat Yoga***

This class can be performed on the mat or with variations and modifications of poses using a chair for support.

## ***TBC Gentle (Total Body Conditioning)***

Same as TBC but for beginners.

## ***TBC (Total Body Conditioning)***

It is designed to work major muscle groups while targeting smaller muscle groups at the same time. Various toning and sculpting techniques, such as bands, free weights, stability balls, bars, step boards, etc., will be used.