



605-394-5223

Fall 2023 Multipurpose Room

Land Class Schedule & Rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am	Fitness On Demand	Fitness On Demand	Fitness On Demand	Fitness On Demand	Fitness On Demand	
7:30-8:15am	TBC Rose	Pilates Terri	TBC Gentle Rose	Pilates Cyndi	TBC Rose	
8:30-9:30am	Yoga Flow Rose	Vinyasa Flow Yoga Cyndi	Cardio & Core Terri	Chair/Mat Yoga Cyndi	Yoga Flow Amanda	
9:00-10:30am						Tai Chi Gregg/Phill
11:00-11:45am		Silver Sneakers Sue	Chair/Core/More Rose	Silver Sneakers Sue		
12:00-5:00pm	Fitness On Demand	Fitness On Demand	Fitness On Demand	Fitness On Demand	Fitness On Demand	
5:30-6:30pm	Tai Chi Beginners Gregg/Phill		Tai Chi Gregg/Phill			
Room Rentals					BH Fencing 6:00-8:00pm	

Updated 12/01/23 www.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 to attend alone, 13 & over with adult & must fully participate unless otherwise stated in description. City Programming takes priority in areas which they occupy.**

Chair/Mat Yoga Class may be performed on the mat, with variations/modifications of poses using a chair for support.

Chair, Core & More Improve your balance, stability, strength while you increase your endurance with different forms of modified chair exercises including yoga, core & mobility “Live Better”.

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

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

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) Beginners class of above description.

Vinyasa Flow Yoga Enjoy flowing sun salutations in this class, connecting our breath to our movements as we change poses in a flowing sequence. Everyone is welcome, whether just learning yoga or more advanced.

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 classes. FOD may be available to individuals/small groups by reservation with a pick your own class dependent upon room schedule. Ask us about a **FLEX Subscription** (on the go), there is an additional charge for this feature.