# 2020 Multipurpose Room Land Class Schedule & Rentals

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **5:35-6:35am** | | **HITT**<br>Rebecca K | **Completely Core**<br>Rebecca K | **HITT**<br>Rebecca K | | |
| **6:45-7:30am** | **Spin Mornings**<br>Nicky R. | | **Spin Mornings**<br>Nicky R. | | | |
| **7:30-8:30am** | **Morning Yoga**<br>Nicky R. | **Muscle Pump**<br>Nicky R. | **Morning Yoga**<br>Nicky R. | **Muscle Pump**<br>Nicky R. | | |
| **8:30-9:30am** | | | | | **Morning Yoga**<br>Michael T. | |
| **9:00-10:00am** | | **Strength/Core/ Yoga Stretch**<br>Nicky R. | | **Strength/Core/ Yoga Stretch**<br>Nicky R. | | |
| **9:00-10:30am** | | | | | | **Tai Chi**<br>Gregg & Phill |
| **10:45-11:30am** | | **Silver Sneakers Classic**<br>Sue | | **Silver Sneakers Classic**<br>Sue | | |
| **5:15-6:30pm** | **Body Sculpt**<br>Brenda | | **Body Sculpt**<br>Brenda | | | |
| **5:15-6:15pm** | | **Zumba**<br>Niki H. | | **Zumba**<br>Debbie | | |
| **6:30-7:30pm** | | | **Tai Chi**<br>Gregg & Phill | | | |
| **FIT LOT TBD** | | | | | | |
| **Room Rentals** | | **Heartland Dance/ Community Ed**<br>6:30-8:30pm | | **Black Hills Fencing**<br>6:30-8:30pm | | |

**Intermittent Rentals may be scheduled and not listed.**
**Please do not interrupt the room when in use. Land Exercise participants must be 15 years of age.**
**Rental information for the Multi-Purpose Room may be obtained by contacting Barbara Iwan. barbara.iwan@rcgov.org**
**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**