

2019 Multipurpose Room Land Class Schedule & Rentals

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