

2020 Multipurpose Room Land Class Schedule & Rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35-6:35am		HIIT Rebecca K	Completely Core Rebecca K	HIIT Rebecca K		
8:30-9:30am	Morning Yoga Amanda O		Morning Yoga Amanda O		Morning Yoga Amanda O	
9:00-10:30am						Tai Chi Gregg/Phill
11:00-11:45am		Silver Sneakers Sue		Silver Sneakers Sue		
5:30-6:30pm	Tai Chi Beginners Gregg/Phill	Body Sculpt Brenda	Tai Chi Gregg/Phill	Body Sculpt Brenda		
Room Rentals				Black Hills Fencing 6:45-8:45pm		

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 *CLASSES ARE SUBJECT TO CHANGE AT ANY TIME. COVID RESTRICTIONS IN PLACE FOR CLASS SIZE UNTIL FURTHER NOTICE. NO OUTSIDE TRAINING OR GROUP CLASSES PERMITTED.

HIIT/Completely Core	12 or less participants
Silver Sneakers	16 or less participants
Morning Yoga	16 or less participants
TaiChi	16 or less participants
Body Sculpt	12 or less participants

*Renters will be following a COVID Plan of 20 or less participants at a time.

LAND EXERCISE CLASS DESCRIPTIONS SEE ONLINE SCHEDULE FOR TIMES/INSTRUCTOR

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

****FIT LOT** Fit Lot outdoor fitness park classes will run June-November weather permitting. Please sign up for an Introduction Class by calling 394-5223. You must be registered to attend as spaces are limited. Once you have the foundation basics you may join any Fit Lot class offered for FREE. 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.

HIIT High Intensity Interval Training is a full body workout, with short bursts of high intensity work with short rest breaks. This class consists of cardio/strength based moves to make sure you are getting a well rounded workout.

Morning Yoga Yoga class suitable for entry level to advanced.

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 is a 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. The class consists of warm up/loosening exercises and instruction on body structure (how you hold your body in a Tai Chi way) you will also begin to learn the choreography of the Hunyuan Tai Chi 48 forms set and the “how to’s” of the moves (where to place your feet, how your body and hands move, how your weight shifts). Class is suitable for ages 14 to 80+. Please wear loose, comfortable clothing and flat soled shoes.