

# 2021 Multipurpose Room Land Class Schedule & Rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:35-6:35am</b> 15 participants		HIIT Rebecca	Completely Core Rebecca	HIIT Rebecca		
<b>8:30-9:30am</b> 21 participants	Morning Yoga Amanda		Morning Yoga Amanda		Morning Yoga Amanda	
<b>9:00-10:30am</b> 24 participants						Tai Chi Gregg/Phill
<b>11:00-11:45am</b> 30 participants		Silver Sneakers Sue		Silver Sneakers Sue		
<b>5:30-6:30pm</b> 24 Tai Chi 12 Body Sculpt	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. Rental information for the Multipurpose Room may be obtained by contacting Barbara Iwan. [barbara.iwan@rcgov.org](mailto:barbara.iwan@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.**

**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** 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 15+. Please wear loose, comfortable clothing and flat soled shoes.