

# RHRC ADULT FITNESS CLASSES

## WINTER SESSION: JAN 9 - MAR 17

### Drop-In Fee

\$5 per class. After first week if not registered for class, you must pay \$5 drop-in fee to instructor to participate.

### Cardio and Strength, Total Body Conditioning, Morning & Evening Yoga, and Morning Boot Camp

\$56 per session  
 \$85 for 2 or more of any class RHRC offers  
 \$35 per session for 1 day per week attendance

### Zumba Strong, Beginner and Advanced Belly Dancing

\$35 per session  
 \$65 for 2 or more classes of these classes only

### Cardio Line Dancing (this is a 8-week session)

\$40 for a single person and cannot be combined with any other discounts or deals  
 \$75 for a couple

### FREE Daycare Hours

Mondays: 8:30 - 10:30 am 6:00 - 8:00 pm  
 Tuesdays: 6:00 - 7:00 pm  
 Wednesdays: 6:00 - 7:00 pm  
 Thursdays: 8:30 - 10:30 am 6:00 - 8:00 pm

Monday	Tuesday	Wednesday	Thursday
	Morning Boot Camp 5:30 - 6:30 am New		Morning Boot Camp 5:30 - 6:30 am New
Cardio & Strength 8:30 - 9:20 am Staff			Cardio & Strength 8:30 - 9:20 am Staff
Morning Yoga 9:30 - 10:20 am Hobson			Morning Yoga 9:30 - 10:20 am Hobson
Total Body Conditioning 6:00 - 6:50 pm Rayl		Total Body Conditioning 6:00 - 6:50 pm Rayl	Zumba Strong 6:00 - 6:50 pm Burnison
Evening Yoga 7:00 - 7:50 pm Hobson	Belly Dancing - Beginner 7:00 - 7:50 pm Street		Evening Yoga 7:00 - 7:50 pm Farber
	Belly Dancing - Advanced 8:00 - 8:50pm Street		

Online Registration available for those wanting to enroll in one RHRC Fitness Class. If you enroll in multiple classes you will want to enroll in the RHRC office directly for better pricing.

# CLASS DESCRIPTIONS:

## Belly Dancing

Belly Dancing is a good cardio-vascular work out, it helps increase flexibility and focuses on the torso or 'core muscles'. Belly Dance is suitable for all ages and body types.

**Tuesdays, Beginners: 7 - 7:50 pm      Advanced: 8 - 8:50 pm**

## Boot Camp

Early morning Boot Camp: A fun-filled, variety driven, progression based hour. This class is an addiction worth waking up to; a heart-pounding muscle-pumping boost.

**Tuesdays and Thursdays, 5:30 - 6:30 am**

## Cardio and Strength

This class utilizes weights as well as your own weight for strength, mixing in cardio to get the heart rate up and the blood pumping. Any fitness level encouraged to join.

**Mondays and Thursdays, 8:30 – 9:20 am**

## Total Body Conditioning

Get the health and fitness benefits of both resistance and cardio training. This ultimate workout is for all fitness levels!

**Mondays and Wednesdays, 6:00 – 6:50 pm**

## Cardio Line Dancing

Our goal is to keep this class moving and to teach you a variety of dances, with the benefit of some cardio.

**Tuesdays, 6 - 6:45 pm**

## Evening Yoga

Yoga-style sessions include a flow of poses that help build strength and flexibility in a balanced way. Experience the many physical and emotional benefits that yoga can offer. Mats and blocks are available or you may bring your own.

**Mondays and Thursdays, 7 - 7:50 pm**

## Morning Yoga

You will increase flexibility, balance and strength while progressing at a healthy pace. All fitness levels welcome. Experience the art of deep breathing for personal awareness and relaxation from stress. Find release from the stiff muscles in your back, neck, shoulders and legs.

**Mondays and Thursdays, 9:30 - 10:20 am**

## Zumba Strong

STRONG by Zumba™ is designed to get body defining results and significantly improve all aspects of fitness (strength, stamina, cardio power, mobility, balance, etc) while having fun dancing and exercising. It is a high intensity interval training workout.

**Thursdays: 6 - 6:50 pm**

For more information:

RHRC

316-776-9880

Online Registration:

[www.rosehillrec.com](http://www.rosehillrec.com)

