

Adult Fitness Classes - Summer Session

Session I: May 28 – July 19

Session II: July 30 – September 20

Monday	Tuesday	Wednesday	Thursday
Cardio & Strength 8:30 - 9:20 am Trujillo			Cardio & Strength 8:30 - 9:20 am Trujillo
Morning Yoga 9:30 - 10:20 am Hobson			Morning Yoga 9:30 - 10:20 am Hobson
Strength & Flexibility 6:00 - 6:50 pm Racchini	Cardio Line Dance 6:00 – 6:50 pm Carlson	Strength & Flexibility 6:00 - 6:50 pm Racchini	
Evening Yoga 7:00 - 7:50 pm Wenger	Belly Dancing - Beginner/Intermediate 7:00 - 7:50 pm Street	Zumba 7:00 - 7:50 pm Burnison	Evening Yoga 7:00 - 7:50 pm Wenger
	Belly Dancing - Advanced 8:00 - 8:50pm Street		

Drop-In Fee

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

Cardio and Strength, Strength and Flexibility, Morning & Evening Yoga

\$47 per session

\$72 for 2 or more of any class RHRC offers

\$30 per session for 1 day per week attendance

Zumba, Beginner and Advanced Belly Dancing

\$30 per session

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

\$45 for a single person and cannot be combined with any other discounts or deals

New! Back Half Special: *Didn't get started at the beginning of the session, but don't want to wait until summer session to start? Sign up for 4 weeks (half) of the session for:*

\$30 (2 times a week class)

\$18 (1 times a week class)

This offer begins June 25 for Summer I, and August 27 for Summer II.

Class Descriptions:

Belly Dancing

Belly Dancing is a good cardiovascular workout and increases flexibility and strength. It focuses on the torso or core muscles, while encouraging a fun style of fitness. Belly Dance is suitable for all ages and body types. Our classes offer individual challenges as we work on choreography and combinations.

Tuesdays Beginners/Intermediate: 7 - 7:50 pm Advanced: 8 - 8:50 pm

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

Strength and Flexibility

This workout is designed to improve your overall fitness – strength, flexibility, and balance! The class starts with static stretching and each class will incorporate a variety of equipment and body weight exercises. This ultimate workout is for all fitness levels! Have fun – work hard!

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 8-week Session

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

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Wednesdays: 7 - 7:50 pm