

RHRC Adult Fitness Classes

Fall Fitness Classes: September 28 - November 19

Monday	Tuesday	Wednesday	Thursday
Cardio & Strength 8:30 - 9:20 am Hobson/Layman			Cardio & Strength 8:30 - 9:20 am Hobson/Layman
Morning Yoga 9:30 - 10:20 am Hobson			Morning Yoga 9:30 - 10:20 am Hobson
Total Body Blast 4:30 - 5:30 pm Layman		Total Body Blast 4:30 - 5:30 pm Layman	
Restore and Stretch 6:00 - 6:50 pm Racchini		Cardio Line Dance 6:00 - 6:50 pm Carlson	Zumba 6:00 - 6:50 pm Burnison
Evening Yoga 7:00 - 7:50 pm Wenger	Belly Dancing 7:00 - 7:50 pm Street		Evening Yoga 7:00 - 7:50 pm Wenger

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, Morning & Evening Yoga, Total Body Blast (2 days per week)

\$47 per session
 \$72 for 2 or more of any class RHRC offers
 \$30 per session for 1 day per week attendance

Restore and Stretch, Zumba, All Belly Dancing (1 day per week)

\$30 per session

Cardio Line Dancing

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

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 October 26



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

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.

Wednesdays, 6 - 6:50 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

Restore and Stretch

Restore the body by focused breathing and relaxing in a calming environment. Our stretching will target all parts of the body, but will focus on hips, hamstrings, and back. Poses are held for a longer time as we focus on breathing to give the body time to relax and open. This class is a must for all fitness levels, and especially great for those who want to add movement to their life.

Mondays, 6:00 – 6:50 pm

Total Body Blast

If you want the optimal mix of strength and cardio this is it. Challenge yourself to a complete body workout using Interval, Circuit and HIIT training with free weights, kettle bells, body weight and other fitness equipment. Don't forget a sweat towel, you will need it!

Mondays and Wednesdays, 4:30 – 5:20 pm

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.

Thursdays 6:00 – 6:50 pm

For more information: RHRC
316-776-9880
Online Registration:
www.rosehillrec.com