

RHRC Adult Fitness Classes

Winter Session January 4 - March 12

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/Strength, Morning & Evening Yoga

\$59 per session
 \$90 for 2 or more of any class offered
 \$35 per session for 1 day per week attendance

Restore/Stretch, Zumba, MASHUP®, and Belly Dancing

\$35 per session

Back Half Special: *Didn't get started at the beginning of the session, but don't want to wait until the next session to start? Sign up for 5 weeks (half) of the session for:*

\$35 (2 times a week class)

\$18 (1 times a week class)

This offer begins February 8, 2021

Monday	Tuesday	Wednesday	Thursday
Cardio & Strength 8:30 - 9:20 am Hobson/Layman		MashUp® 9:30 - 10:20 am Hobson	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
Restore and Stretch 6:00 - 6:50 pm Racchini			Zumba 6:00 - 6:50 pm Burnison
Evening Yoga 7:00 - 7:50 pm Wenger	Belly Dancing 7:00 pm Street		Evening Yoga 7:00 - 7:50 pm Wenger

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.

Winter Fitness Classes

3-Week Mini Session

November 30 - December 17

Winter 3-Week Mini Session Pricing:

1-day a week class: \$12

2-day a week class: \$24

Drop-In Fee for any class: \$5

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
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TRY OUT OUR NEW CLASS!

MASHUP®

Every fitness level can join us for this fun and challenging **workout!** MASHUP™, "The Evolution of HIIT", is a Variable-intensity interval training (VIIT) program that allows participants to attain true HIIT intervals combined with Mind/Body and Agility & Strength at 3 different fitness levels.

Every workout challenges the entire body in numerous ways whether you are performing Mind/Body (yoga/pilates), Agility & Strength, or High-intensity interval movements.

These science-generated formats deliver one of the safest and most effective ways to workout and achieve desired results in less time.

Wednesdays, 9:30 - 10:20 am

Instructor: Paula Hobson

RHRC Adult Fitness Classes

3-Week Mini Session: November 30 - December 17

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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, 7:00 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

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

MASHUP® New!! - *Every* fitness level can join us for this fun and challenging **workout!** MASHUP® is a research-based Variable-intensity Interval Training (VIIT) program featuring: Mind/Body, Agility & Strength, and High-intensity Intervals.
Wednesdays, 9:30 - 10:20 am

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

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 (No Mini Session Zumba)

24-Hr Fitness Center Winter Special

Check out these great winter prices:

Package:	Individual:	Family:
1 month	\$22	\$32
6 month	\$92	\$164
12 month	\$164	\$305

- * Normal registration process required
- * \$10 for each key fob
- * Not combined with any other discount
- * Auto payment not available
- * Offer expires January 31, 2021

**ADD A
FITNESS CENTER
WORKOUT TO
YOUR GROUP
CLASSES!**