



RHRC Adult Fitness Classes

Summer Session 1 May 24 - July 15

Summer Session 2 July 26 - Sept 16

| Monday | Tuesday | Wednesday | Thursday |
|--|------------------------------------|-------------------------------------|---|
| Cardio & Strength 8:30 - 9:20 am Hobson | | | Cardio & Strength 8:30 - 9:20 am Hobson |
| Morning Yoga 9:30 - 10:20 am Hobson | | | Morning Yoga 9:30 - 10:20 am Hobson |
| Strength & Flexibility 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 |

Cardio/Strength, Morning & Evening Yoga

\$47 per session

\$72 for 2 or more of any class offered

\$30 per session for 1 day per week attendance

Strength & Flexibility, Zumba, and Belly Dancing

\$30 per session

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.

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 4 weeks (half) of the session for:

\$30 (2 times a week class)

\$18 (1 times a week class)

Session 1: This offer begins June 21, 2021

Session 2: This offer begins August 23, 2021

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, 7:00 - 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

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, 6:00 – 6:50 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.

Wednesdays, 6:00 – 6:50 pm

For more information:

RHRC

316-776-9880

Online Registration: www.rosehillrec.com