



RHRC Adult Fitness Classes

Summer I Session: May 23 - July 14

Summer II Session: July 25 - September 15

Monday	Tuesday	Wednesday	Thursday
Cardio & Strength 8:30 - 9:20 am Hobson/Racchini			Cardio & Strength 8:30 - 9:20 am Hobson/Racchini
Morning Yoga 9:30 - 10:20 am Hobson			Morning Yoga 9:30 - 10:20 am Hobson
		Zumba 6:00 - 6:50 pm Burnison	Strength & Flexibility 6:00 - 6:50 pm Racchini
Evening Yoga 7:00 - 7:50 pm Wenger	Belly Dancing 7:00 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/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

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) This offer begins: Summer I - June 20

\$18 (1 times a week class) Summer II - August 22

RHRC Fitness 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. We 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!

Thursday, 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

