

RMC GROUP FITNESS & WELLNESS CLASSES

Starting September 1, 2017

(All classes run 55 minutes unless otherwise stated)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	Tabata* Beth	Body Sculpt* Beth (5:35am)	Step It Up* Kathryn	Body Sculpt* Beth (5:35am)	Tabata* Julie E.	
7:00AM	Gentle Yoga Tara C1	BARRE Above* Gail	Yogalates Tara C1		Gentle Yoga Camille C1&2	
8:00AM	Ball/Bosu X Tara	Quick Tone X Kathryn	Core X Gail	Quick Tone X Julie E.	Core X Kathryn	Yoga (8:10 am) Anna C1&2
8:30AM	Power Step Gail	Power Fit Kathryn	Kickboxing Gail	Power Fit Julie E.	Step/Cyle/Sculpt Kathryn	Zumba (8:15am) Erin
8:30AM	Revitalize Yoga Kiyomi C1&2	Yoga Donna C1&2	Yoga Barb K. C1&2	Yoga Traci C1&2	Pilates Betsy C1&2	
9:30AM	Back to Basics ☺ Alisa Gym		Back to Basics ☺ Gail Gym		Back to Basics ☺ Kathryn Gym	Power Step (9:15 am) Gail
9:30AM	Cardio Sculpt Donna	Simply Stretch X Kathryn	Cardio Sculpt Alisa	Simply Stretch X Alisa	Cardio Sculpt Donna	Pilates (9:15 am) C1&2 Jayna/Laura Anne/ Shawnah
10:00AM		Body Sculpt Kathryn		Body Sculpt Alisa		Body Sculpt (10:15 am) Gail
10:30AM	Zumba Gold* Donna		Zumba Gold* Donna		Zumba* Donna	
11:00AM		Zumba* Amelia		Zumba* Shelly		
11:00AM	Reiki Restorative Traci C1	Yogalates ☺ Betsy C1&2		Yogalates ☺ Tara C1&2		
12:10PM			Zumba* Amelia/Avette			
4:15PM		Cycling* ☺ Beth		Cycling* ☺ Beth		
5:00PM			YoChi Betsy C1&2			
5:00PM	Step/Cycle/Sculpt Julie R.	Sculpting & Abs Beth	Kick Boxing Julie R.	Sculpting & Abs Beth		
5:00PM	Zumba Erin MPR-B	Pilates Jayna C1&2	Zumba Erin MPR-B	Pilates Jayna C1&2		
6:00PM	POUND Erin MPR-B	Zumba Shelly MPR-B	Barre Above* Gail	Country Heat Lacee		
6:00PM	Pilates ☺ Laura Anne C1&2	Yoga Sarah C1&2		Yoga Dorene C1&2		
6:00PM	Boot Camp Julie R.	Tabata* Beth	Pilates ☺ Laura Anne C1&2			
7:00PM	Yoga Anna C1&2		Yoga ☺ Sarah/Steve C1&2	Gong Meditation (7:15pm) Barb K. C1&2		

SilverSneakers Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM	Classic* Rhonda/Beth Gym		Classic* Rhonda/Beth Gym		Classic* Donna/Gail Gym	
11:00AM		Classic* Rhonda/Kathryn Gym		Classic* Rhonda/Alisa Gym		
11:20AM	Classic* Rhonda		Circuit* Donna		Classic* Donna	
12:00PM	Yoga* (12:15pm) Rhonda	Yoga* Rhonda		Yoga* Rhonda	Yoga* (12:15pm) Betsy	

* = 45 MINUTE CLASS

X = 30 MINUTE CLASS

☺ = FAMILY FITNESS CLASS (AGES 8 AND UP)

INSTRUCTORS & CLASSES ARE SUBJECT TO CHANGE

Revised 8/31/17

Cardio Conditioning

- **Back to Basics:** a low impact aerobics class for the beginning exerciser. Includes cardio and sculpting.
- **Zumba:** a fun cardio class utilizing Latin/international music and Latin/international dance moves to burn calories and tone.
- **Kick Boxing:** a cardio workout that uses punches, kicks, and blocks to increase your heart rate. Work on endurance, strength and coordination while burning tons of calories.
- **Step It Up:** challenge yourself with intensity and intermediate choreography.
- **Zumba Gold:** this class modifies the moves and pacing to suit the needs of the active older participant and those just beginning the Zumba journey. This is a fun class utilizing Latin music.
- **Tabata:** is a challenging workout which will take you to the next level. Participants can expect to improve cardio fitness, decrease body fat and gain lean muscle. Tabata consists of 20 seconds of work and then 10 seconds of rest.
- **Country Heat:** is a fun, cardio dance fitness class set to the hottest hits in country music. This isn't a line dance class. You will work up a sweat, burn fat and have fun!
- **POUND:** transforms drumming into an incredibly effective way of working out that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Muscular Conditioning

- **Body Sculpt:** an overall body workout using bars, weights, balls, etc. to tone and shape.
- **Quick Tone:** Intense 30 minute FULL body workout will help firm and tone arms, legs and abs using resistance training with weights, bands, balls and body bars.
- **SilverSneakers Classic:** move through a variety of exercises designed to increase muscular strength, range of motion and skills required during activities for daily living. Hand held weights, tubing and ball are offered for resistance and chair used for seated or standing support.
- **Sculpting and Abs:** a resistance training workout utilizing resist-a-balls, body bars, weights, and bands targeting the abs and more.
- **BARRE Above:** is a barefoot, low impact total body muscle conditioning workout designed for all fitness levels and ages. Body weight exercises with occasional use of light resistance equipment and/or play balls. A fusion of barre, pilates and yoga.

Mixed Conditioning

- **Ball/Bosu:** enhance balance and coordination with cardio, strength and core training in this quick 30 min. class.
- **Boot Camp:** Ready to kick it up a notch? Come challenge yourself with a variety of cardio and muscle building exercises.
- **Cardio Sculpt:** a hi/low workout followed by body sculpting.
- **Core:** improve health and balance, increase muscular endurance and strength with full body core training.
- **Power Fit:** improves power, muscular endurance, balance, and overall agility. Helps lower body fat by toning and conditioning the body for natural flexibility
- **Power Step:** moderate to high intensity, low to high impact step aerobics and body toning.
- **SilverSneakers Circuit:** a heart healthy cardio workout followed by muscular conditioning. Basic steps and resistance tools will be offered. A chair can be used for seated or standing support.
- **Step, Cycle & Sculpt:** 20 min. intermediate stepping, 20 min. cycling, 15 min. body sculpting. Time flies by in this class!
- **Cycling:** is a fun exhilarating way to burn fat, increase strength and improve cardiovascular fitness. This class simulates hill-climbing, sprints and jumps with motivating music.

Mind and Body Conditioning

- **Gentle Yoga:** a yoga class giving a good morning stretch and relaxation using traditional poses.
- **Gong Meditation:** Release your stress from the week in this 60 minute meditation class. This class uses the sounds and vibrations of the gong to create deep relaxation and state of meditation.
- **Revitalize Yoga:** this class will help with your body alignment and posture, breathing, flexibility, visualization and meditation. Excellent class for those who can't relax, have stressful lives, problems sleeping or tight muscles. Learn ways to release stress and relax. This class is for everyone.
- **Yoga:** focus on strength, flexibility, relaxation and breathing through traditional poses. Slow paced.
- **Pilates:** improve your muscle balance, posture, core stability, spinal alignment, strength, flexibility and control of breath by use of Pilates-based mat exercises.
- **SilverSneakers Yoga:** a variety of safe and fun yoga postures and healthy breathing. A chair is used for support. Participants work at their own pace to build flexibility and endurance.
- **Yogalates:** a combination of both Pilates and Yoga in a one-hour class.
- **Simply Stretch:** Increase your flexibility, range of motion and balance through deep stretching and breathing.
- **Reiki Restorative:** A relaxation practice to restore and renew the body and mind combined with healing energy of Reiki, which is a universal life force energy. Accompanied with vibration and sound created with Tibetan singing bowls and various other instruments that create a unique sound and vibrational experience.
- **YoChi:** is a fusion of Tai Chi and Yoga. It combines the mobility of Tai Chi with the stability of Yoga to provide a class that supports healthy joints and muscles. Movements are repetitive with alternating 5 minutes of Tai Chi and 5 minutes of Yoga.