



Fall 2025 Land Exercise Class Schedule

605-394-5223

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am		Zumba & Tone Leira		Zumba & Tone Leira		
7:30-8:15am	TBC Rose	Cardio Strong Terri	TBC Gentle Rose	Pilates Jerilyn	TBC Rose	
8:30-9:30am	Yoga Flow Rose	Vinyasa Flow Yoga Cyndi	Core Power Terri	Chair/Mat Yoga Cyndi	Yoga Flow Sam	
10:05-10:50am	LIIT Lite Leira	Silver Sneakers June	LIIT Lite Leira	Silver Sneakers June		
11:00-11:45am		Silver Sneakers Sue		Silver Sneakers Sue		
Room Rentals		Aspire Ice 5:00-5:45pm	Tai Chi 5:30-6:30pm	BH Fencing 6:00-8:00pm	BH Workshop Chair Yoga 10:00-11:00am	Tai Chi 9:00-10:00am

Updated 08/19/2025 www.rcgov.org

***CLASSES ARE SUBJECT TO CHANGE AT ANY TIME. OUTSIDE TRAINING OR NON-FACILITY LEAD GROUP EXERCISE**
CLASSES ARE NOT PERMITTED. Exercise Participants must be 15 years of age to attend alone, 13 & over with a

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must fully participate unless otherwise stated in description. City Programming takes priority in areas which they occupy.

Cardio Strong An exciting range of strengthening, balance and core exercises that will help to improve cardiovascular health. These workout puts your body through its paces; testing your core and challenging your cardiovascular fitness. Suitable for all levels of fitness.

LIIT Lite (Low-Impact Interval Training) is a gentle, full-body workout designed to improve strength, balance, flexibility, and cognitive function through low-impact, real-life movement patterns. Combining cardio, strength, and mobility exercises performed at a comfortable pace that is right for you, this class supports joint health while enhancing coordination, mental focus, and overall functional fitness for all ages and abilities.

Chair/Mat Yoga Class may be performed on the mat, with variations/modifications of poses using a chair for support.

Core Power Strength exercises include upper and lower body with special attention on the core muscles to improve strength and flexibility.

Pilates Improve posture, strengthen back, abdominal muscles, increase flexibility and tone your muscles. This class uses light weights, balls or resistance bands and is designed for all levels of fitness.

Silver Sneakers Classic Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

TBC (Total Body Conditioning) Designed to work major muscle groups while targeting smaller muscle groups at the same time. A variety of toning and sculpting techniques will be used, such as; bands, free weights, stability balls, bars, step boards, etc. This class is geared for all levels.

TBC Gentle (Total Body Conditioning) Beginners class of above description.

Vinyasa Flow Yoga Enjoy flowing sun salutations in this class, connecting our breath to our movements as we change poses in a flowing sequence. Everyone is welcome, whether just learning yoga or more advanced.

Yoga Flow Start your day off right with a flowing yoga class. Perfect for all levels.

Zumba & Tone Add some fun steps and tone with a little Zumba then add some weights for a whole-body toning experience