



# 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](http://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 ad**

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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