

# ROSEDALE CC MOVEMENT STUDIO CLASSES

FITNESS CENTER HOURS: 4AM-10PM

## CLASS SCHEDULE MAY 2024

### MONDAY

4:30 PM SUNSET YOGA

### TUESDAY

9 AM 20-20-20 CLASS  
10 AM WATER AEROBICS

### WEDNESDAY

9 AM GENTLE YOGA

### THURSDAY

10 AM WATER AEROBICS  
11 AM CHAIR YOGA  
5:30 PM 20-20-20 CLASS

### FRIDAY

NO (FREE) CLASSES TODAY

### SATURDAY

9 AM TOTAL BODY TONE

### \$10 DROP N CLASSES (PAY \$10 CASH TO INSTRUCTOR)

8:30 AM MONDAYS  
11 AM TUESDAYS

YOGA TONE (WENDY)  
CHAIR YOGA SIT N TONE (SARIT)

**20-20-20 CLASS:** THREE WORKOUTS IN ONE! THE 20/20/20 CLASS IS DESIGNED TO GIVE YOU THE ULTIMATE CHALLENGE AND TOTAL BODY WORKOUT. SWEAT THROUGH 20 MINUTES OF CARDIO, 20 MINUTES OF STRENGTH TRAINING, AND 20 MINUTES OF STRETCHING AND CORE WORK. FREE CLASS WITH ROSEDALE MEMBERSHIP.

**CHAIR YOGA:** A GENTLE YOGA PRACTICE IN WHICH YOGA POSTURES ARE PERFORMED WHILE SEATED AND STANDING WITH THE SUPPORT OF A CHAIR. WE WILL STRETCH AND STRENGTHEN THE BODY AS WE CONNECT OUR MOVEMENT TO OUR BREATH. FREE CLASS WITH ROSEDALE MEMBERSHIP.

**CHAIR YOGA SIT N TONE (\$10PP CLASS):** THIS CLASS COMBINES YOGA WITH THE BENEFITS OF WEIGHT TRAINING. THE ADDED WEIGHT BUILDS MUSCLE, BONE DENSITY AND CORE STABILITY.

**GENTLE YOGA & SUNSET YOGA:** CLASS FOCUSES ON RELEASING TENSION BY CONNECTING AND CENTERING YOUR BREATH AND BODY WITH GENTLE MOVEMENTS FOR AN EXTENDED PERIOD TO GAIN STRENGTH & FLEXIBILITY. FREE CLASS WITH ROSEDALE MEMBERSHIP.

**TOTAL BODY TONE:** PHYSICAL EXERCISE OF HIGH AND LOW INTENSITY TRAINING THAT IS OVERALL THE MOST HIGHLY EFFECTIVE PHYSICAL ACTIVITY. DUMBBELL & BODY WEIGHT EXERCISES TO CHALLENGE AND STRENGTHEN ALL MAJOR MUSCLES GROUPS PLUS DEEP STRETCH COOL-DOWN. FREE CLASS WITH ROSEDALE MEMBERSHIP.

**WATER AEROBICS OR STRETCH N TONE:** A MEDIUM INTENSITY WORKOUT, USING WATER AND EQUIPMENT FOR RESISTANCE, TONING MUSCLES, AND INCREASING ENDURANCE AND FLEXIBILITY. CARDIO-RESPIRATORY, MUSCLE CONDITIONING, AND INTERVAL TRAINING. YOU MUST BE ABLE TO SWIM TO ATTEND CLASSES. FLOATIES AND DUMBBELLS NOT PROVIDED. DURING COLD OR INCLEMENT WEATHER, STRETCH N TONE WILL BE OFFERED IN MOVEMENT STUDIO. FREE CLASS WITH ROSEDALE MEMBERSHIP.

**YOGA TONE (\$10PP CLASS):** THIS VINYASA PRACTICE IS DESIGNED TO HELP YOU BUILD STRENGTH AND ENDURANCE - MINDFULLY. WITH THE HELP OF REPETITIONS AND WEIGHTS, YOGA TONE INVITES YOU TO SYNCHRONIZE BREATH WITH MOVEMENT IN ORDER TO TONE THE BODY. INVITE YOUR MIND AND BODY TO START WORKING FOR YOU INSTEAD OF AGAINST YOU. GET STRONG WITH REGULAR PRACTICE AND COMFORTABLE IN YOUR BEAUTIFUL BODY. FREE CLASS WITH ROSEDALE MEMBERSHIP.