

ROSEDALE CC MOVEMENT STUDIO CLASSES

FITNESS CENTER HOURS: 4AM-10PM

CLASS SCHEDULE DEC 2025

MONDAY

4:30 PM SUNSET YOGA

TUESDAY

9 AM 20-20-20 CLASS

10 AM WATER AEROBICS

WEDNESDAY

7 AM TOTAL BODY TONE

9 AM GENTLE YOGA

10:30 AM GENTLE YOGA

THURSDAY

11 AM CHAIR YOGA

FRIDAY

10 AM WATER AEROBICS

SATURDAY

9 AM TOTAL BODY TONE

PAID CLASSES ADDED

10:15 AM	MONDAYS	YOGA FOR STRENGTH & BALANCE (LINDA & WENDY) \$10pp
11 AM	TUESDAYS	CHAIR YOGA SIT N TONE (SARIT) \$10pp
9:30 AM	THURSDAYS	CARDIO DANCE (WENDY) \$5pp
10:15 AM	THURSDAYS	STAND/SIT N TONE (SARIT) \$5pp
9 AM	FRIDAYS	STRENGTH & POWER (WENDY) \$10pp
11:30 AM	FRIDAYS	CHAIR YOGA SIT N TONE (SARIT) \$10pp

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. PRE-SIGN UP REQUIRED.

CHAIR YOGA SIT N TONE: THIS CLASS COMBINES YOGA WITH THE BENEFITS OF WEIGHT TRAINING. THE ADDED WEIGHT BUILDS MUSCLE, BONE DENSITY AND CORE STABILITY. PRE-SIGN UP REQUIRED.

CARDIO DANCE: A HIGH-ENERGY FITNESS CLASS THAT COMBINES AEROBIC EXERCISE WITH DANCE MOVES, OFTEN INCORPORATING A VARIETY OF DANCE STYLES. A FUN AND ENGAGING WAY TO IMPROVE CARDIOVASCULAR HEALTH, BURN CALORIES, TONE MUSCLES, AND RELIEVE STRESS. 30 MINUTE CLASS. PRE-SIGN UP REQUIRED.

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. PRE-SIGN UP REQUIRED.

STRENGTH & POWER: UNLEASH YOUR INNER STRENGTH IN THIS DYNAMIC CLASS DESIGNED TO BUILD MUSCLE, BOOST ENDURANCE, AND IMPROVE BALANCE. USING DUMBBELLS AND BODYWEIGHT EXERCISES, YOU'LL WORK THROUGH TARGETED MUSCLE GROUP CIRCUITS PAIRED WITH BURSTS OF CARDIO FOR A FULL-BODY BURN. PRE-SIGN UP REQUIRED.

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. PRE-SIGN UP REQUIRED.

TONE/SIT STAND YOGA (HYBRID YOGA): A HYBRID YOGA CLASS IN WHICH SOME OF THE STRETCHING AND WEIGHT WORK WILL BE DONE SEATED AND SOME STANDING UP. THE CLASS WILL BEGIN WITH A WARMUP AND WILL CONTINUE WITH SOME WEIGHT WORKOUT THAT WILL BE DONE EITHER SEATED ON THE CHAIR OR IN A STANDING POSITION. STANDING WILL INVOLVE VARIOUS STEPPING MOVEMENTS, AND SOME YOGA POSTURES, WHILE LEGS AND ARM WORKOUTS ARE PRACTICED. EMPHASIS WILL BE ON PROPER POSTURE POSITIONING, SOME REPETITIONS WITH THE APPROPRIATE WEIGHTS, BALANCE, CORE STRENGTHENING, AND BREATHING. THE CLASS WILL END WITH A SHORT COOL DOWN AND RELAXATION.

YOGA FOR BALANCE: THIS IS AN ALIGNMENT-BASED YOGA CLASS WITH EMPHASIS ON BALANCE, BUILDING STRENGTH AND FLEXIBILITY BY INCORPORATING LIGHT HAND WEIGHTS IN OUR PRACTICE. OUR GOAL IS TO INCREASE OUR MUSCLES' ABILITY TO PROTECT, SUPPORT, AND STABILIZE OUR BONES AND JOINTS. PRE-SIGN UP REQUIRED.

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. PRE-SIGN UP REQUIRED.