

# ROSEDALE CC MOVEMENT STUDIO CLASSES

FITNESS CENTER HOURS: 4AM-10PM

## CLASS SCHEDULE FEBRUARY 2026

### MONDAY

9 AM MAT PILATES  
10:15 AM YOGA FOR BALANCE  
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

### \$5 & \$10 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. WITH ADDED WEIGHT, THE BODY 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.

**MAT PILATES:** A FULL-BODY WORKOUT USING JUST YOUR BODY WEIGHT ON A MAT TO BUILD CORE STRENGTH, IMPROVE FLEXIBILITY, POSTURE, AND BODY AWARENESS, FOCUSING ON CONTROLLED, PRECISE MOVEMENTS LINKED WITH BREATH. A FOUNDATIONAL PRACTICE, CHALLENGING STABILITY AND ENGAGING DEEP MUSCLES WITHOUT SPECIAL EQUIPMENT, MAKING IT ADAPTABLE FOR ANY FITNESS LEVEL. 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:** 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 & STABILITY:** 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.