

ROSEDALE CC MOVEMENT STUDIO CLASSES

FITNESS CENTER HOURS: 4AM-10PM

CLASS SCHEDULE AUG - OCT 2024

MONDAY

4:30 PM SUNSET YOGA

TUESDAY

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

WEDNESDAY

9 AM GENTLE YOGA

THURSDAY

9:30 AM BOOT CAMP CLASS
11 AM CHAIR YOGA
5:30 PM BOOT CAMP CLASS W/B

FRIDAY

10 AM WATER AEROBICS

SATURDAY

9 AM TOTAL BODY TONE

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

11 AM TUESDAYS

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.

BOOT CAMP CLASS: MOVE THROUGH STATIONS TARGETING DEDICATED MUSCLE GROUPS WITH FOCUS ON STRENGTH, AGILITY, BALANCE, AND CARDIOVASCULAR ENDURANCE. ALL EXERCISES WILL HAVE THE NECESSARY PROGRESSIVE AND REGRESSIVE MODIFICATIONS AND REST PERIODS WHICH MAKES THIS WORKOUT FOR ALL LEVELS! FREE CLASS WITH ROSEDALE MEMBERSHIP.

BOOT CAMP CLASS W/B: JOIN INSTRUCTOR BETHANY FOR HER 4-STATION POWER BOOT CAMP CIRCUIT. WORK AT YOUR OWN PACE AS YOUR INSTRUCTOR TAKES YOU THROUGH A SERIES OF BOTH STRENGTH TRAINING AND CARDIO FULL BODY MOVEMENTS AT EACH TIMED STATION. CLASS COMPLIMENTARY COURTESY OF B POWERFUL.

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.