

ROSEDALE CC MOVEMENT STUDIO CLASSES

FITNESS CENTER HOURS: 4AM-10PM

CLASS SCHEDULE JUNE-SEPT 2025

MONDAY

4:30 PM SUNSET YOGA

TUESDAY

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

WEDNESDAY

9 AM GENTLE YOGA

THURSDAY

11 AM CHAIR YOGA
5:30 PM 20-20-20 CLASS

FRIDAY

10 AM WATER AEROBICS

SATURDAY

9 AM TOTAL BODY TONE

\$10 CLASSES (PRE-SIGNUP REQUIRED - PAY \$10 CASH TO INSTRUCTOR)

10 AM MONDAYS
11 AM TUESDAYS
9:30 AM THURSDAYS
9 AM FRIDAYS
11:30 AM FRIDAYS

YOGA FOR STRENGTH & BALANCE (WENDY)
CHAIR YOGA SIT N TONE (SARIT)
BODY SCULPT (ELAINE)
STRENGTH & POWER (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. PRE-SIGN UP REQUIRED.

BODY SCULPT (\$10PP CLASS): THIS WORKOUT WILL UTILIZE LIGHT TO MEDIUM WEIGHTS TO STRENGTHEN AND TONE YOUR ENTIRE BODY, FOLLOWED BY GLUTES & ABS ON THE MAT. PRE-SIGN UP REQUIRED.

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. 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 (\$10PP CLASS): 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.

YOGA FOR BALANCE (\$10PP CLASS): 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. 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.