

# July 2024



## Group Fitness Schedule


### Fitness Class Punch Pass

10 Punches \$55 (Punch Card used for any fitness class) Note: Punch card only guaranteed if the minimum number of participants met for the session. This punch card expires 12 months after purchase.

This cannot be used for Silver Sneaker Classes.

### Silver Sneaker Classes

If you are a Silver Sneaker Member these classes are FREE if you are not a Silver Sneaker Member a fee of \$2 per class or \$20 for 10 classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:15 pm Tabata Xpress 5:30 pm Small Group	2 9:00 am Silver Sneaker – *EnerChi 10:00 am Silver Sneaker – *BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – *Chair Yoga 12:15 pm Tabata Xpress	3 3:30 pm Cycle Sculpt	4 	5 9:00 am Silver Sneaker - YOGA 10:00 am Silver Sneaker - CLASSIC 11:00 am Silver Sneaker- Chair Yoga
8 12:15 pm Tabata Xpress 5:30 pm Small Group	9 9:00 am Silver Sneaker – *EnerChi 10:00 am Silver Sneaker – *BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – *Chair Yoga 12:15 pm Tabata Xpress	10 3:30 pm Cycle Sculpt 5:30 pm Small Group	11 9:00 am Silver Sneaker -*YOGA 10:00 am Silver Sneaker -*CLASSIC 10:00 am Bone Builder 11:00 am Silver Sneaker- *Chair Yoga 12:15 pm Tabata Xpress	12
15 12:15 pm Tabata Xpress 5:30 pm Small Group	16 9:00 am Silver Sneaker – *EnerChi 10:00 am Silver Sneaker – *BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – *Chair Yoga 12:15 pm Tabata Xpress	17 3:30 pm Cycle Sculpt	18 9:00 am Silver Sneaker -YOGA 10:00 am Silver Sneaker -CLASSIC 10:00 am Bone Builder 11:00 am Silver Sneaker- Chair Yoga 12:15 pm Tabata Xpress	19
22 12:15 pm Tabata Xpress 5:30 pm Small Group	23 9:00 am Silver Sneaker – <b>NO CLASS</b> 10:00 am Silver Sneaker – <b>NO CLASS</b> 10:00 am Bone Builders 11:00 am Silver Sneaker – <b>NO CLASS</b> 12:15 pm Tabata Xpress	24 3:30 pm Cycle Sculpt 5:30 pm Small Group	25 9:00 am Silver Sneaker -*YOGA 10:00 am Silver Sneaker -*CLASSIC 10:00 am Bone Builder 11:00 am Silver Sneaker- *Chair Yoga 12:15 pm Tabata Xpress	26
29 12:15 pm Tabata Xpress 5:30 pm Small Group	30 9:00 am Silver Sneaker – EnerChi 10:00 am Silver Sneaker – BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – Chair Yoga 12:15 pm Tabata Xpress	31 3:30 pm Cycle Sculpt 5:30 pm Small Group		

Jane: July 5, 30

Linda: July 2, 9, 11, 16, 18, 25

Rosy: July 2, 9, 11, 18, 25

### **Silver Sneakers BOOM®**

Do you like fast-paced challenging workouts that are done in 30 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

### **Silver Sneakers Yoga®**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. These classes are designed just for seniors. No registration necessary!

### **Silver Sneakers EnerChi®**

Silver Sneakers EnerChi combines modified tai chi forms and qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind. Exercises include simple yoga poses for strength, flexibility, and range of motion.

### **Silver Sneakers Chair Yoga®**

Can't get down on the floor, don't feel comfortable standing for long periods of time, or recovering from an injury that doesn't allow you to do your usual activities? Chair yoga may be your answer. These seated yoga moves are designed to increase flexibility, balance, and range of movement.

#### **Fitness Punch Classes & Free to RACC Members**

- Tabata Xpress & Cycle Sculpt classes are FREE to RACC Members.
- **Cycle Sculpt** Get it all done in one class! Cycling, weights and stretch. Email Sam at [sscheffler@ci.redwood-falls.mn.us](mailto:sscheffler@ci.redwood-falls.mn.us) to reserve your bike for that week!
- **Tabata Express** It's 30 minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10 second rest. These workouts are fast-paced and fun, and burn up tons of calories.