

# January 2025



## 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 RACC HOURS NOON – 5:00 PM  HAPPY NEW YEAR!!!!	2 9:00 am Silver Sneaker – NO CLASS 10:00 am Silver Sneaker – NO CLASS 10:00 am Bone Builder 11:00 am Silver Sneaker – NO CLASS 12:15 pm Tabata Xpress	3
6 12:15 pm Tabata Xpress	7 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  6:30 pm Silver Sneaker – Yoga	8	9 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	10
13 12:15 pm Tabata Xpress	14 *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  6:30 pm Silver Sneaker – NO CLASS	15	16 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	17
20 12:15 pm Tabata Xpress	21 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  6:30 pm Silver Sneaker – Yoga	22	23 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	24
27 12:15 pm Tabata Xpress	28 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  6:30 pm Silver Sneaker – Yoga	29	30 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	31

### **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®**

SilverSneakers 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.