



RSC Fitness Schedule December 24th - 31st 2016

Basic Land Fitness Schedule

These classes are included with the "Upgraded" Membership

| <u>Monday Dec 26</u> | <u>Tuesday Dec 27</u> | <u>Wednesday Dec 28</u> | <u>Thursday Dec 29</u> | <u>Friday Dec 30</u> | <u>Saturday Dec 24 / 31</u> | Sunday |
|---|---|---|---|---|--|--------|
| | | Boot Camp 5:30-6:30am Class Type: Mix Class Level: Beg-Adv | | Boot Camp 5:30-6:30am Class Type: Mix Class Level: Beg-Adv | | |
| | Body Sculpt 8:15-9:10am Class Type: Strength Class Level: Beg-Int | | Body Sculpt 8:15-9:10am Class Type: Strength Class Level: Beg-Int | | Body Sculpt 8:25-9:25am Class Type: Strength Class Level: Beg-Int | |
| Total Body Mix 8:15-9:10am Class Type: Mix Class Level: Beg - Int | Power Sport 9:15-10:25am Class Type: Mix Class Level: Int-Adv | Total Body Mix 8:15-9:10am Class Type: Mix Class Level: Beg - Int | Power Sport 9:15-10:25am Class Type: Mix Class Level: Int-Adv | Total Body Mix 8:15-9:10am Class Type: Mix Class Level: Beg - Int | Zumba 9:30-10:25am Class Type: Cardio Class Level: Beg-Int | |
| Cardio 360 9:15-10:05am Class Type: Cardio Class Level: Int-Adv | Piyo Strength 10:30-11:10am Class Type: Flexibility Class Level: Beg-Adv | Cardio 360 9:15-10:05am Class Type: Cardio Class Level: Int-Adv | Piyo Strength 10:30-11:10am Class Type: Flexibility Class Level: Beg-Adv | WAR 9:15-10:10am Class Type: Cardio Class Level: Int-Adv | Body Fusion 10:35-11:30am Class Type: Flexibility Class Level: Beg-Adv | |
| Cardio Step + Core 10:15-11:10am Class Type: Mix Class Level: Beg-Int | Silver Sneakers muscle strength/range of motion 10:15-11am multi-purpose room (chair based) | Dance Fitness 10:15-11:10am Class Type: Cardio Class Level: Beg-Int | Silver Sneakers muscle strength/range of motion 10:15-11am multi-purpose room (chair based) | Sweat and Stretch 10:15-10:55am Class Type: Mix Class Level: Beg-Int | | |
| S.W.A.T Senior Weights & Toning 11:15-12:10pm | Silver Sneakers Cardio Circuit 11:15-12:00pm | Functional Flexibility for Seniors 11:15-12:10pm | Silver Sneakers Cardio Circuit 11:15-12:00pm | S.W.A.T Senior Weights & Toning 11:00-12:10pm | | |
| Barre Conditioning 5:00-5:45pm Class Type: Flexibility Class Level: Beg-Adv | Total Body Conditioning 5:00-5:55pm Class Type: Strength Class Level: Beg-Int | Barre Conditioning 5:00-5:45pm Class Type: Flexibility Class Level: Beg-Adv | Total Body Conditioning 5:00-5:55pm Class Type: Strength Class Level: Beg-Int | ZUMBA Toning 5:30-6:15pm Class Type: Cardio/Tone Class Level: Beg-Int | | |
| TurboKick 5:50-6:45pm Class Type: Cardio Class Level: Beg - Int | Zumba 6:00-6:55pm Class Type: Cardio Class Level: Beg-Int | Turbo Kick 5:50-6:45pm Class Type: Cardio Class Level: Beg-Int | Zumba 6:00-6:55pm Class Type: Cardio Class Level: Beg-Int | | | |
| Sculpt Express 6:50-7:20pm Class Type: Strength Class Level: Beg-Int | | Sculpt Express 6:50-7:20pm Class Type: Strength Class Level: Beg-Int | | | | |
| **Yoga 7:00-8:00pm Class Type: Flexibility Class Level: Beg-Adv multi-purpose room | | | | | | |

ALL classes with the exception of Yoga and Cycle are FREE for those who have "Charged Up" their RSC Membership but are an additional cost for those who have not.

View at http://www.ofallon.mo.us/drop-in/drop-in_aerobics.pdf

If the schedule you selected displays an old, outdated schedule, please try refreshing your web browser or clearing the cache. Mozilla Firefox and Google Chrome appear to be best at displaying the most recent file.