

# RSC Fitness Schedule January - February 2018

## Basic Land Fitness Schedule



These classes are included with the "Upgraded" Membership

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Group Cycle 5:30-6:30am Class Type: Cycle Class Level: Beg-Adv		Group Cycle 5:30-6:30am Class Type: Cycle Class Level: Beg-Adv		Group Cycle 5:30-6:30am Class Type: Cycle Class Level: Beg-Adv	Group Cycle 7:15-8:15am Class Type: Cardio Class Level: Beg-Adv
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		Boot Camp 5:30-6:30am Class Type: Mix Class Level: Beg-Adv	
Total Body Mix 8:00-9:00am Class Type: Mix Class Level: Beg - Int	Body Sculpt 8:00-9:00am Class Type: Strength Class Level: Beg-Int	Total Body Mix 8:00-9:00am Class Type: Mix Class Level: Beg - Int	Body Sculpt 8:00-9:00am Class Type: Strength Class Level: Beg-Int	Total Body Mix 8:00-9:00am Class Type: Mix Class Level: Beg - Int	Body Sculpt 8:25-9:25am Class Type: Strength Class Level: Beg-Int
Cardio 360 9:10-10:10am Class Type: Cardio Class Level: Int-Adv	Power Sport 9:10-10:25am Class Type: Mix Class Level: Int-Adv	Cardio 360 9:10-10:10am Class Type: Cardio Class Level: Int-Adv	Power Sport 9:10-10:25am Class Type: Mix Class Level: Int-Adv	Cycle Boot Camp 9:10-10:10am Class Type: Cardio Class Level: Int-Adv	Zumba/Cize 9:30-10:25am Class Type: Cardio Class Level: Beg-Int
Cardio Step + Core 10:15-11:10am Class Type: Mix Class Level: Beg-Int	Piyo Strength 10:30-11:10am Class Type: Flexibility Class Level: Beg-Adv	Dance Fitness 10:15-11:10am Class Type: Cardio Class Level: Beg-Int	Piyo Strength 10:30-11:10am Class Type: Flexibility Class Level: Beg-Adv	Sweat and Stretch 10:15-11:05am Class Type: Mix Class Level: Beg-Int	Yogalates 10:35-11:30am Class Type: Flexibility Class Level: Beg-Adv
	Silver Sneakers strength/range of motion (chair based) 10-10:55am multi-purpose rm		Silver Sneakers strength/range of motion (chair based) 10-10:55am multi-purpose rm		
S.W.A.T Senior Weights & Toning 11:15-12:10pm	Silver Sneakers Cardio Circuit 11:15-12:00pm	Functional Flexibility for Seniors 11:15-12:00pm	Silver Sneakers Cardio Circuit 11:15-12:00pm	S.W.A.T Senior Weights & Toning 11:15-12:10pm	
	Beginner Cycle 12:15-12:55pm		Beginner Cycle 12:15-12:55pm		<b>Sunday</b>
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	Beginner Yoga 10:15-11:00am Class Type: Flexibility Class Level: Beg
Cycle Boot Camp 5:50-6:45pm Class Type: Cardio Class Level: Beg-Adv	Zumba 6:00-6:55pm Class Type: Cardio Class Level: Beg-Int	Cycle Boot Camp 5:50-6:45pm Class Type: Cardio Class Level: Beg-Adv	Zumba 6:00-6:55pm Class Type: Cardio Class Level: Beg-Int		
Sculpt Express 6:50-7:30pm Class Type: Strength Class Level: Beg-Int	Muscle Definition 7:00-7:55pm Class Type: Strength Class Level: Beg-Adv	Sculpt Express 6:50-7:30pm Class Type: Strength Class Level: Beg-Int	Muscle Definition 7:00-7:55pm Class Type: Strength Class Level: Beg-Adv		
Yoga 7:35-8:30pm Class Type: Flexibility Class Level: Beg-Adv		Yoga 7:35-8:30pm Class Type: Flexibility Class Level: Beg-Adv			

ALL classes are included for those who have "Upgraded" their RSC Membership but are an additional cost for those that do not.

View at [http://www.ofallon.mo.us/drop-in/drop-in\\_aerobics.pdf](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.

