

Exercise Room Schedule

Day	Time	Class
Monday	7:00 - 8:45	Available for Members
	9:00 - 9:45	Light Exercise
	10:00 - 10:30	Tai Chi
	10:30 - 11:30	*Alive Fitness w/Vera
	11:30 - 12:35	**ZUMBA Gold Fitness (RCC)
	12:45 -2:00	**Pilates w/Angela (RCC)
	2:00 - 3:30	Available for Members
	3:30 - 5:15	Table Tennis
	5:30 - 7:15	**Yoga w/Tammy (RCC)
	7:30 - 9:00	Available
Tuesday	7:00 - 7:45	Available for Members
	8:00 - 9:00	**Yoga w/Jennifer (RCC)
	9:30 - 11:00	**Yoga w/Jennifer (RCC)
	11:00 - 12:00	**Yoga w/Jennifer (RCC)
	2:00 - 3:15	*Yoga w/Sara
	3:30 - 5:15	Table Tennis
	5:30 - 7:00	**Yoga w/Marianne (RCC)
	7:15 - 9:00	Available
Wednesday	7:00 - 8:45	Available for Members
	9:00 - 9:45	Light Exercise
	10:00 - 10:30	Tai Chi
	10:30 - 11:30	*Alive Fitness w/Vera
	11:30 - 12:30	ZUMBA Gold Fitness (RCC)
	12:45 -2:00	**Pilates w/Angela (RCC)
	2:15 - 3:30	*Yoga w/Sara
	5:15 - 8:30	Table Tennis

Thursday	7:00 - 7:45	Available for Members
	8:00 - 9:00	**Yoga w/Jennifer (RCC)
	9:30 - 11:00	**Yoga w/Jennifer (RCC)
	11:00 - 12:00	**Yoga w/Jennifer (RCC)
	2:00 - 3:15	*Yoga w/Sara
	3:30 - 5:15	Table Tennis
	5:30 - 6:30	**Yoga w/Marianne (RCC)
	6:45 - 9:00	Available
Friday	7:00- 8:45	Available for Members
	9:00 - 9:45	Light Exercise
	10:00 - 10:30	Tai Chi
	10:30 - 11:30	*Alive Fitness w/Vera
	11:30 - 12:30	**Zumba Gold Fitness (RCC)
	12:30 - 2:00	**Pilates w/Angela (RCC)
	3:00 - 8:30	Table Tennis
Saturday	9:15 - 10:30	**Yoga w/Tammy (RCC)
	10:45 - 4:45	Available
Sunday	1:00 - 4:45	Available

*Times of availability may be changed due to special activities
or change in RCC Young @ Heart class scheduling*

****All participants must be enrolled/registered to attend RCC classes**

*** Donation Class (no set amount charged, only donation)**

***Please turn OFF your
cell phone during class!***

