

WELLNESS CENTER CLASS SCHEDULE



RESET



RENEW



RESTORE

**STARTING
JULY 11, 2022**

MON

TUE

WED

THUR

FRI

| Max Class Size | Length | Time | Time | CLASS | CLASS | CLASS | CLASS | CLASS |
|----------------|--------|--------------|----------|----------------------|--------------------------|------------------------------|-------------------------|----------------------------|
| 8 per class | 60 min | Yoga Studio | 6:00 am | Gentle Yoga Que | | | Gentle Yoga Que | |
| 7 per class | 45 min | Cycle Studio | 6:00 am | | Cycle Ursula | | | Cycle Ursula |
| 12 per class | 30 min | Main Studio | 11:30 am | Core Express Suzi | Boot Camp Express DJ | | Boot Camp Express DJ | |
| 8 per class | 30 min | Yoga Studio | 12 pm | | Yoga Express Rachel | Yoga Express Que | | Yoga Express Que |
| 12 per class | 30 min | Main Studio | 12 pm | Dance Fusion Suzi | | | | |
| 12 per class | 45 min | Main Studio | 4:15 pm | | Core and Stretch Suzi | Dance Fusion Suzi | | |
| 8 per class | 60 min | Yoga Studio | 5:15 pm | Yoga Rachel | Yoga Jennifer | Yoga Jennifer | Yoga Rachel | |
| 12 per class | 60 min | Main Studio | 5:15 pm | Boot Camp Sarah | | Total Body Strength Sarah | | Zumba Stacy (45 min) |
| 7 per class | 45 min | Cycle Studio | 5:30 pm | Cycle Lenore | | Cycle Lenore | Cycle Lenore | |
| 12 per class | 60 min | Main Studio | 5:45 pm | | Zumba Sue | | Zumba Sue | |
| 12 per class | 30 min | Main Studio | 6:15 pm | Ab Attack Sarah | | | | |



Mask NOT required but social-distancing of 6 feet enforced with class size limits.
Class registration at rrhwellnesscenter@gmail.com
585-922-1194

We respectfully ask that if you are unable to attend class as registered, please cancel at least **3 hours prior to the start of class** to allow others to attend.

Class Descriptions

Yoga: Increase your range of motion and flexibility with a full range of movements and postures. Options and modifications shown to accommodate all levels.

Yoga Express: A 30-minute lunchtime reset. For the days when you feel short on time, these mindfully curated yoga and meditation classes deliver exactly what you need

Boot Camp: This 30 minute High Intensity Interval Training (HIIT) class is designed to improve stamina and build lean muscle using non-stop intervals of plyometrics, cardio, and strength. Total Body Strength - Tone all the muscles of the body and improve balance. Weighted bars, bands, hand weights, and basic Pilates movements.

Core Express: A 30-minute challenging mix of intense, dynamic core-stabilizing exercises and balance to upbeat music.

Core and Stretch: During this class individuals will get a full body stretch using movements that will increase flexibility, decrease muscle tension, focus on core strength of lower back and abdominal muscles, and help improve muscular balance.

Zumba: Join the party! We take the "work" out of workout, by mixing low and high intensity dance moves with Latin and Caribbean music. Modifications shown to accommodate all levels.

Total Body Strength: Tone all the muscles of the body and improve balance. Weighted bars, bands, hand weights, and basic Pilates movements.

Cycle: With great music pumping and the group spinning as one this class is a fun, low impact indoor cycling workout where you control the intensity.

Ab Attack: A blast of a workout designed to attack your entire core (abs, glutes, lower back) to improve posture and endurance.