

Rock Springs Civic Center

Fitness Class Schedule

Day	Time	Class	Info
Monday & Friday	6:05 - 6:50 am	HIIT Rowing	Rowing with attitude! Break the pace with sprints, floor work and zany moves designed to maximize your effort and fun.
Tuesday	6:05 - 6:50 am	Cycling	Increase your cardio endurance, boost your endorphins, and set yourself up for a perfect day.
Thursday	6:05 - 6:50 am	Game Day	Challenge your mind and body in a format combining puzzles and games with fitness moves. Get a true total body workout when you roll the dice or break a code and match exercises to your numbers for an awesome routine-breaking workout.
Tuesday & Thursday	9 - 9:45 am	Rowbics	Rowbics® is a completely balanced workout that moves your core, your arms, your legs, your back and of course your mind and spirit. Utilize the Concept2 rower to enhance your core strength, posture and flexibility. Helps to strengthen your whole body.
Monday, Wednesday & Friday	9 - 10 am	Water Exercise	Classes are gentle on your joints while providing a thorough workout using the natural resistance of water. Use water dumbbells, bands and noodles to add strength conditioning to easy movements.
Tuesday & Thursday	9 - 10 am	SilverSneakers® Splash	In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.
Monday & Friday**	8:30 - 9:30 am 10 - 11 am	 SilverSneakers® Classic	Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
Wednesday**	8:30 - 9:30 am 10 - 11 am	 SilverSneakers® Circuit	Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.
Tuesday & Thursday	9:15 - 10:15 am	Qigong/Tai Chi ends December 17th; resumes January 5th, 2021	An ancient exercise practice focusing on the integration of the whole body and mind to increase balance, strength, and decrease stress. At every class, both the seated and standing versions will be shown so you can modify to fit your needs or challenge yourself daily. This class is perfect for people who want to increase flexibility, balance and coordination, no matter your age or skill.
Tuesday & Thursday	10:20 - 11:00 am	SilverSneakers® Stability	Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.
Wednesday	11:30 am - 12 pm	Movin' with the Munchkins ends December 9th; resumes January 13th, 2021	Walkers to 4-year-old toddlers benefit from a structured class designed for socialization and improvement of motor skills. Obstacles, rolling toys, balls, and other devices are used to engage and entertain in a safe environment.
Friday	11:30 am - 12:15 pm	Munchkins BOUNCE! Coming as restrictions lift.	A free-form class for walkers to 4-year-old toddlers where they can play in an inflatable and socialize with other children their age.