

RFC Group Fitness Class Descriptions



Senior Classes

Sunrise Splash—Recreation Pool—Join us in our warm water pool for a low-impact work out that is gentle on your joints to improve agility and flexibility. You will use a variety of aqua fitness equipment to increase overall strength, balance and coordination. This class is great for all fitness levels, take it at your pace and your level of intensity!

Dance Fitness—Get groovin' at your own pace! This easy-to-follow, low impact class lets you move to the beat at your own speed. Dance fitness classes provide modified, low-impact moves for active older adults that allow you to get your heart rate up and move in a fun way!

Seated Yoga—You will move through a series of seated and standing yoga postures using a chair for support as needed, to improve strength, coordination, balance and flexibility! A very gentle yoga class that will feel great!

Seated Strength & Cardio—A low impact class using hand held weights, resistance bands, balls and a chair. You will increase muscle strength and range of motion, while improving cardiovascular and muscular endurance and balance.

Aqua Fitness Classes

HIIT the Water—High Intensity Interval Training in the water gives you the kick of a high intensity workout in this low impact interval class in the pool. Great for all fitness levels and ages! Move at your pace and your intensity while getting a great workout that is easy on the body! Try the class in our Recreation Pool (HIIT! Shallow)

Aqua Bootcamp—*Recreation Pool*—an up-beat class for swimmers and non-swimmers, incorporating cardio, muscular endurance, core, flexibility, and functional movement patterns in a circuit format. Great for those who love the water, want to add variety to their workout, or are looking for a low-impact, high-intensity option.

Mind/Body Restorative Class

Yoga—Move your body in a way that feels good! Relax, unwind, de-stress, give yourself a mental break, rejuvenate the mind and body with a blend of stretches, traditional yoga poses, dynamic and flowing movements with your breath. Improve your strength, flexibility, balance, range of motion, and posture through this mind/body workout. You will love the way you feel when you leave this class! Reap all of the amazing physical and mental benefits of Yoga by making this class apart of your weekly routine!

Strength Based Classes

Body Pump—This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, high energy, awesome instructors and your choice of weight, inspires you to get results you came for—and fast!

Be sure to check out (BODY PUMP EXPRESS)—The 30 minute workout you've been looking for!

Les Mills Core—Looking for a short, sharp workout that inspires you to the next level of fitness? CXWORX is ideal for tightening, toning, and strengthening your core and glutes while also improving functional strength and assisting in injury prevention.

Total Body Toning—a 45 minute, low-impact toning class that focuses on strengthening the entire body from head to toe. Gain muscular strength with this class designed for all fitness levels.

Barre—Trim, tighten and tone your body with this empowering and energizing 45-minute workout designed to create long, lean and toned muscles! Barre is a low-impact class combining Pilates, sculpt, yoga, and ballet moves to increase range of motion, increase flexibility, lengthen the muscles, and sculpt and shred the entire body

Cardio Based Classes

Cycle—The ride of your life starts on an indoor stationary bike! Your instructor will take you through a variety of terrains including, hills, intervals, jumps, and sprints for one of the most amazing low-impact cardio workouts of your life! You will love the energy of this 45 minute class!

Core Cycle—A 45-minute class combining cardio & core using a stationary bike and core circuits for a full body workout. This class will allow you to knock out your strength and cardio at the same time! 30 minutes of cycling, combined with 15 minutes of core, for the perfect combo of cardio and strength!

Kickboxing—Come get tough with this 40 minute kick-butt cardio workout! It involves a variety of different punches, kicks and kickboxing exercises to get the heart rate up and burn mega calories in a short amount of time. Relieve stress and knock out your workout with this class! All fitness levels welcome!

Saturday Sweat—Saturday sweat is a 45 minute instructor's choice cardio class! Check our social media pages to see what's on the agenda for Saturday sweat! We'll rotate instructors and cardio classes including Kickboxing, Cycle, Step & more. Start your Saturday morning off with a great sweat and an awesome cardio session!

ZUMBA®—Ditch the workout, join the party! ZUMBA® is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, & a serious dose of boosted energy every time you leave class. It takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning fitness party. Once the music takes over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Come get your sweat + cardio on with this FUN class designed for all fitness levels!

HIIT/Circuit Training Classes

Bonnie's Early Bird Circuit—Empower the day! This cardio strength circuit is designed to make you healthier and stronger so you can conquer the day's challenges! The early bird...gets their workout in before everyone else gets out of bed! Start your day off right!

Power 45—A 45 minute HIIT class using different formats to incorporate cardio & strength for an overall great workout! If you like a variety in your workouts, but want to show up knowing you'll get a great workout in and a good mix of cardio & strength, Power 45 is for you! Make the most of your time with a variety of exercises and many options to challenge yourself at your fitness level!

Power Lane—an invitation for you to find your appropriate Lane of high intensity that will challenge and help bring you success in your fitness journey. Each week we will focus on one of the 6 "Lanes" in this unique class created at the RFC. We begin with Lane 1, a low impact high intensity workout, and end the 6-week course with Lane 6, an explosive plyometric high intensity workout. After that, we start the next week over again at Lane 1. The goal is not to reach Lane 6 intensity but to discover the Lane that makes you excited to attend this HIIT class and others. As you continue to attend this class, you will grow confidence and learn to take any move, in any HIIT class, and shift it from lane to lane to become a high intensity exercise you know will challenge you the best. Think of this as your personal progression on the highway to fitness success, where you will change lanes as needed, pave your way through the roadblocks, and build your best fitness routine at a pace that feels good for you!