

Classes are back at the Red Creek Community Center

This is an **8-week** schedule for most classes. If you have any questions please call the Community Center Front desk at **754-2065**.



Monday/Wednesday -

Step and Tone- Instructor Heidi Bague

Come step and tone your way to a healthier you. For this beginner to intermediate class, please bring a mat or towel, a water bottle and weights if you have them. The steps will be provided for you.

Complimentary (free) first class to all new participants.

Class time: 6:00-7:00pm

Fees: Member- \$25.00

Location: RCCC Gymnasium

Non-member- \$45.00

Pay per class: \$3.00 each.

Classes run: Jan 12th - March 4th



Tuesday/Thursday-

Cardio Kickboxing — Instructor - Heidi Bague

This is a fun and exciting program for those who want a little extra punch in their workout. This class is sure to get your heart rate up and get you in shape.

Please bring a water bottle and a mat or towel. Complimentary (free) first class to all new participants.

Class time: 6:00-7:00pm

Fees: Member- \$25.00

Location: RCCC Gymnasium

Non-member- \$45.00

Pay per class: \$3.00 each.

Classes run: Jan 13th - March 5th

Tuesday/Thursdays-

Osteoporosis Exercise Prevention Program-

This range of motion exercise program is lead by a certified instructor and is a go at your own pace program designed to help prevent/ stop bone loss due to osteoporosis.

A doctor's release is necessary to join this program.

Class time: 8:00- 9:00

Fees: Member-Free

Location: RCCC community room

Non-member- \$1.00 per class

Classes will run year round



Monday/Wednesday/Friday-

Arthritis Aquacise-

Low to no impact aerobic exercise class focusing on range of motion. A doctor's release is needed for this program.

Class time: 9:15– 10:15 am

Location: RCCC pool

Fees: Member- FREE

Non-member- \$2.00 per class

Classes run year round

Please call 754-2065 or come in to fill out a program registration form at the Front desk.

All programs have a minimum number of participants necessary to hold class.

...