

Exercise Class Fall Schedule 2022

Registration for all classes must take place prior to participation in the first class.

You can register online or at the Riverfront Community Center any day, Monday thru Saturday prior to the start of the class. All classes will be located at the Riverfront Community Center and are subject to cancellation if *not enough students are enrolled at the time of the first class.* **Registration for all classes begins on Tuesday August 16, 2022.**

Class	Description	Meets	Dates	# of Classes	Fee	
					Resident	Non-Resident
Powerful Aging & Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 am – 11:00 am	10/5-12/16	20	\$100	\$110
Stretchercise Exercise	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:30-12:15pm	10/4- 12/13	20	\$100	\$110
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Fridays 10:15 am—11:00 am 11:15 am - 12:00 pm	September Only	5	\$25.00	\$35.00
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Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesday & Friday 10:15-11:00 am	10/5-12/16	20	\$100	\$110
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesday & Friday 11:15-12:00 pm	10/5-12/16	20	\$100	\$110
Tai Chi Intro	Learn the basics of this life altering discipline.	Mondays 3:30-4:15 pm	10/3 – 12/19	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	10/6-12/15	10	\$50	\$60