



RECREATION CENTER EVENTS

PHONE: 864-391-8160 EMAIL: acr@slv-sc.com

APRIL 2025

Class Descriptions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics This low-impact exercise takes place in chest-deep water and starts with a warm-up, followed by cardio, strength training, and concludes with a cooldown. Suitable for all fitness levels.	RC Recurring Classes 8:00 Water Aerobics 8:30 Land Aerobics 9:30 Water Aerobics 10:00 Stretch & Tone 12:00 Line Dance - Beginners 1:15 Line Dance- Advanced 5:00 Power Up	RC Recurring Classes 8:30 Circuit Training 9:30 Water Aerobics 10:00 Yoga 11:15 Chair Yoga 12:30 Yoyalates 5:00 Fit N Firm 6:00 Line Dance	RC Recurring Classes 8:00 Water Aerobics 8:30 Land Aerobics 9:30 Water Aerobics 10:00 Stretch & Tone 5:00 Sculpting Class HALF ROOM FOR SCHEDULED MEETINGS ON 4/16 AND 4/30.	RC Recurring Classes 7:45 Circuit Training 9:00 Yoga 9:30 Water Aerobics 10:15 Chair Yoga 11:30 Fit & Firm 5:00 Yoyalates	RC Recurring Classes 7:15 Power UP 8:00 Water Aerobics 8:30 Land Aerobics 9:30 Water Aerobics 10:00 Yoga 11:30 Stretch & Tone
Land Aerobics Low-impact cardio/ strength exercises to build endurance, improve balance, increase range of motion & build muscle fibers. Suitable for all fitness levels.	FITNESS CLASS REMINDERS/UPDATES				
Stretch & Tone A low impact class that emphasizes cardio, strength, and flexibility through the use of balls, resistance bands, and hand weights. Chairs are available for additional support.	Class durations are generally one hour, except for the 5pm land classes, which last 45 minutes. Class leaders have the discretion to adjust the durations as needed.		We're growing and reaching maximum class capacity. Please be considerate and cancel your reservation if you can't attend, allowing others on the waiting list to participate.		No 5PM Water
Line Dance Experience the joy of moving to choreographed music. This class is perfect for enhancing your coordination and balance while having a great time. No prior dance experience is necessary.	Weekly Clubs/Open Activities 9a-4p Open Bowling 1:00 Duplicate Bridge 9-4 Drop in Boccee	Weekly Clubs/Open Activities 9-6 Open Bowling (extended time) 9-4 Drop in Boccee 1:30 Table Tennis (NEW TIME) 1:00 Needle Arts/Quilt Club	Weekly Clubs/Open Activities 9-6 Open Bowling (extended time) 9-4 Drop in Boccee 10:00 Ladies' Bible Study 1:00 Canasta	Weekly Clubs/Open Activities 9-6 Open Bowling (extended time) 9-4 Drop in Boccee 10:45 Art Enthusiast (New Time) 1:15 Mahjong (New Time)	Weekly Clubs/Open Activities 9a-4p Open Bowling 9-4 Drop in Boccee 1:00 Duplicate Bridge 2:30 Book Club
Power Up An excellent class to enhance your physical performance for sports and everyday tasks. This full-body workout focuses strength & core. Ideal for those with moderate to active fitness levels.	Board of Directors, Committees 6p Steering Committee 4/7 1p Public Affairs Committee 4/21	Board of Directors, Committees 10a Events Committee 4/1 8a Finance Committee 4/15	Board of Directors, Committees 9a ACC 4/9 1p Tennis/Pickleball Committee 4/9 10a Board Of Directors Meeting 4/16 9a ACC 4/23	Board of Directors, Committees 10a Strategic Planning Committee 4/10	Board of Directors, Committees
Circuit Training A moderate/advanced class with a mix of 45-60 second cardio & strength interval training with weights, bands, heavy bags, and more rotating between circuits. Limited to 24	REGISTRATION CENTER CLEANING MAINTENANCE SCHEDULE				
Yoga Build strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived. Includes standing & floor work	Chair Yoga A gentle yoga practice that uses a chair to modify traditional poses so they can be done while seated or standing. Great for strength, core & balance. Suitable for all fitness levels	Yoyalates A workout that mixes pilates and yoga. Increase core strength and improve posture while increasing flexibility and reducing stiffness	Sculpting Class A class designed to target all major muscle groups using a variety of approaches and different equipment as well as body-weight moves.	Fit and Firm Combination of Stretch and Tone, Land Aerobics, Power Up, Sculpting and Yoyalates rolled into one. Weights, floor (mat) work, plyometrics will be used. Emphasis on good body mechanics	OPEN BOWLING HOURS Mon - 12:00- 4:00 p Tue - Thu - 9:00 a- 6:00 p Friday 9a- 4p Sat 9a-3p/ Sun 12p - 3p Rec Center membership not req