



# Winter-Spring 2026 Program Discounts for *Rockwood Employees & Retirees*



Retirees: Register by calling 636-891-6644 to receive the discounted rate.

Employees: Use your district email address when registering to receive the discounted rate.

➡➡➡ **FREE** ⬅️⬅️⬅️

### Adult Yoga

Strengthen and stretch with Vinyasa, Hatha, Gentle Flow, and Yin yoga.  
Thursdays • March 26-May 7 • 6-7 p.m.  
Parkway Southwest Middle

### Basic Yoga

Build strength, flexibility, and relaxation while learning proper yoga form and breathwork at your own pace.  
Saturdays • Jan. 24-March 7 • 10-11 a.m.  
Mondays • Jan. 26-March 9 • 5-6 p.m.  
Mondays • March 23-April 27 • 5-6 p.m.  
Saturdays • April 11-May 16 • 10-11 a.m.  
Rockwood South Middle

### Beginner Line Dancing 1

Gather friends for some fun and exercise when you learn basic line dances from easy to almost "Beginner 2".  
Mondays • Jan. 26-April 13 • 6-7:30 p.m.  
Parkway West Middle

### Beginner Line Dancing 2

Keep dancing with this next-level country line dance class. Learn fun new routines like Boot Scootin' Boogie and more!  
Wednesdays • Jan. 28-April 8 • 6-7:30 p.m.  
Parkway West Middle

### Beginner Chair Yoga

Build strength, balance, and flexibility with chair-supported yoga.  
Mondays • Jan. 26-Feb. 23 • 6:15-7:15 p.m.  
Mondays • March 2-30 • 6:15-7:15 p.m.  
Green Pines Elementary

### Chair Yoga

Stretch, relax, and build flexibility through yoga movements done entirely from a chair.  
Wednesdays • Jan. 21-Feb. 25 • 1:45-2:45 p.m.  
Wednesdays • March 4-April 8 • 1:45-2:45 p.m.  
Community Ed Office

### Healing Yin Yoga

Relax and restore with yin yoga, holding poses for 3 to 5 minutes to focus on breath, intention, and deep body-mind healing.  
Wednesdays • March 25-April 22 • 6:15-7:15 p.m.  
Parkway Central Middle

### Slow Flow Yoga

Slow to moderate yoga for all levels, focusing on balance, strength, and flexibility.  
Mondays • March 23-April 13 • 6:15-7:15 p.m.  
Parkway Central Middle

### Yin & Release

A slow, meditative practice with long-held poses and supportive props to help you relax, stretch, and feel renewed.  
Mondays • Jan. 26-March 9 • 6:30-7:30 p.m.  
Mondays • March 23-May 4 • 6:30-7:30 p.m.  
Bowles Elementary

### Yin Yang Yoga in the Park

Join us for a relaxing and energizing pre-summer morning flow.  
Sunday • May 3 • 9-10 a.m.  
Babler Outdoor Education Center

### Yin Yoga

Join us for a relaxing yin yoga class that restores body and mind.  
Wednesdays • Feb. 11-March 4 • 6:15-7:15 p.m.  
Wednesdays • March 25-April 15 • 6:15-7:15 p.m.  
Eureka Elementary

### Yoga II (Intermediate)

Build strength, balance, and stability through intermediate yoga poses that tone the body and deepen your mind-body connection.  
Saturdays • Jan. 24-March 7 • 9-10 a.m.  
Saturdays • April 11-May 16 • 9-10 a.m.  
Rockwood South Middle

➡➡➡ **50% OFF** ⬅️⬅️⬅️

### Adult Co-ed Volleyball Open Play

Meet new people and have fun playing volleyball as you join weekly teams open to all skill levels.  
Thursdays • Jan. 22-April 2 • 7-9 p.m.  
Parkway West Middle

