


# APRIL GROUP FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>EASTER CLOSED</b> 	<b>2</b> <b>9am</b> Pilox <b>10am</b> Stretch X-Press <b>11:15am</b> Silver Classic <b>4:30pm</b> Cycle <b>5:30 pm</b> Barre <b>7:00pm</b> Zumba/Toning	<b>3</b> <b>9:15am</b> Cycle X <b>10:00am</b> Latin Line <b>11:30am</b> BOOM! <b>12:30pm</b> Equipment Orientation <b>4:15pm</b> Yoga <b>5:15pm</b> Cardio Mix <b>6:30pm</b> Power Yoga	<b>4</b> <b>8am</b> Cycle <b>9am</b> Silver Classic <b>10am</b> Moderate Flow Yoga <b>4:15pm</b> Yoga <b>5:15pm</b> Restorative Yoga <b>5:30pm</b> Cycle Challenge <b>6:30pm</b> Gentle Yoga	<b>5</b> <b>9am</b> Silver Sneakers Chair Yoga <b>9:15pm</b> Cycle X <b>10am</b> Zumba <b>5:15pm</b> Pilox	<b>6</b> <b>8am</b> Yoga <b>9am</b> Total Body <b>11:15am</b> Silver Circuit	<b>7</b> <b>9am</b> TBW
<b>8</b> <b>10am</b> Cycle	<b>9</b> <b>9am</b> Pilox <b>10am</b> Stretch X-Press <b>11:15am</b> Silver Classic <b>4:30pm</b> Cycle <b>5:30 pm</b> Barre <b>7:00pm</b> Zumba/Toning	<b>10</b> <b>9:15am</b> Cycle X <b>10:00am</b> Latin Line <b>11:30am</b> BOOM! <b>12:30pm</b> Equipment Orientation <b>4:15 pm</b> Yoga <b>5:15pm</b> Cardio Mix <b>6:30pm</b> Power Yoga	<b>11</b> <b>8am</b> Cycle <b>9am</b> Silver Classic <b>10am</b> Moderate Flow Yoga <b>4:15pm</b> Yoga <b>5:15pm</b> Restorative Yoga <b>5:30pm</b> Cycle <b>6:30pm</b> Gentle Yoga	<b>12</b> <b>9am</b> Silver Sneakers Chair Yoga <b>9:15am</b> Cycle X <b>10am</b> Zumba <b>5:15pm</b> Pilox	<b>13</b> <b>8am</b> Yoga <b>9am</b> Total Body <b>11:15am</b> Silver Circuit	<b>14</b> <b>9am</b> TBW
<b>15</b> <b>10am</b> Cycle	<b>16</b> <b>9am</b> Pilox <b>10am</b> Stretch X-Press <b>11:15am</b> Silver Classic <b>4:30pm</b> Cycle <b>5:30pm</b> Barre <b>7:00pm</b> Zumba/Toning	<b>17</b> <b>9:15am</b> Cycle X <b>10:00am</b> Latin Line <b>11:30am</b> BOOM! <b>12:30pm</b> Equipment Orientation <b>4:15pm</b> Yoga <b>5:15pm</b> Cardio Mix <b>6:30pm</b> Power Yoga	<b>18</b> <b>8am</b> Cycle <b>9am</b> Silver Classic <b>10am</b> Moderate Flow Yoga <b>4:15pm</b> Yoga <b>5:15pm</b> Restorative Yoga <b>6:30pm</b> Gentle Yoga	<b>19</b> <b>9am</b> Silver Sneakers Chair Yoga <b>9:15am</b> Cycle X <b>10am</b> Zumba <b>4:15pm</b> Yin Yoga <b>5:15pm</b> Pilox	<b>20</b> <b>8am</b> Yoga <b>9am</b> Total Body <b>11:15am</b> Silver Circuit	<b>21</b> <b>9am</b> TBW
<b>22</b> <b>10am</b> Cycle	<b>23</b> <b>9am</b> Pilox <b>10am</b> Stretch X-Press <b>11:15am</b> Silver Classic <b>4:30pm</b> Cycle <b>5:30 pm</b> Barre <b>7:00pm</b> Zumba/Toning	<b>24</b> <b>9:15am</b> Cycle X <b>10:00am</b> Latin Line <b>11:30am</b> BOOM! <b>12:30pm</b> Equipment Orientation <b>4:15pm</b> Yoga <b>5:15pm</b> Cardio Mix <b>6:30pm</b> Power Yoga	<b>25</b> <b>8am</b> Cycle <b>9am</b> Silver Classic <b>10am</b> Moderate Flow Yoga <b>4:15pm</b> Yoga <b>5:15pm</b> Restorative Yoga <b>5:30pm</b> Cycle <b>6:30pm</b> Gentle Yoga	<b>26</b> <b>9am</b> Silver Sneakers Chair Yoga <b>9:15am</b> Cycle X <b>10am</b> Zumba <b>4:15pm</b> Yin Yoga <b>5:15pm</b> Pilox	<b>27</b> <b>8am</b> Yoga <b>9am</b> Total Body <b>11:15am</b> Silver Circuit	<b>28</b> <b>9am</b> TBW
<b>29</b> <b>10am</b> Cycle	<b>30</b> <b>9am</b> Pilox <b>10am</b> Stretch X-Press <b>11:15am</b> Silver Classic <b>4:30pm</b> Cycle <b>5:30 pm</b> Barre <b>7:00pm</b> Zumba/Toning				<div style="border: 2px solid black; padding: 10px;"> <b>THE RAC</b>  <b>530 N. Freedom Street</b>  <b>Ravenna, Ohio 44266</b>  <b>330-298-1201</b>  <b>Hours of Operation:</b>            Sun 8am-1pm            Mon-Thurs 5am-8pm            Fri 5am-7pm            Sat 7am-2pm         </div>	

# CLASS DESCRIPTIONS

**BARRE:** Stretch, tone and feel the burn with this redesigned barre class that includes fat burning plyometrics, bodyweight exercises and muscle lengthening stretches.



**CYCLE:** A high energy indoor cycling class led by a motivating instructor will take you through peaks and valleys. Each class is a different then the one before, to develop an incredible fitness level for *you!*



**EQUIPMENT ORIENTATIONS:** Not sure how to use the fitness floor equipment? Sign-up at the front desk to ensure your spot.

**LATIN & LINE:** Move to the sounds of Latin music while learning the newest and tried and true line dances

**PILOXING:** A high energy, low impact, non-stop, cardio fusion class of standing Pilates and Boxing with a sprinkle of dance to increase speed, strength, balance and agility. Be prepared to sweat!


**STRETCH X:** The ability to move joints at their full range of motion (ROM), is important for several reasons, it decreases physical pain and prevents injury. You don't want to skip this element of fitness.



**SILVER SNEAKERS®:** The RAC offers four formats of Silver Sneakers:  — 

- BOOM®:** (standing class) Another great offering brought to you by the Silver Sneakers Program. Have you hit a fitness plateau? Are you ready for a challenge? Then try BOOM!
- CLASSIC:** Wondering where to start? This class is the place as it offers a variety of exercises designed to increase muscle strength, range of motion and functional fitness.
- CIRCUIT:** Alternating between cardio, balance and strength segments, makes this class a tad more challenging then the Classic class.
- CHAIR YOGA:** Your whole body will move through a complete series of seated and standing yoga poses, to increase flexibility and balance.

**HiIT** training is one of the most effective types of high intensity interval training (H.i.i.T.) Through a variety of simple exercises you will cycle through timed bursts of work load followed by a short period of rest Exercise modifications are demonstrated and encouraged.

**YOGA:**  There are many different disciplines of yoga, we are thrilled to offer our members and guest a variety of yoga styles; Gentle, Moderate, Slow Flow, Vinyasa, Chair, and Restorative are all offered at the RAC. —

**CARDIO MIX:** 

**ZUMBA:** A fusion of Latin and International Music and dance creates a dynamic workout that is FUN and EASY to do.



One flame= Low intensity

Two Flames= Low- Moderate Intensity

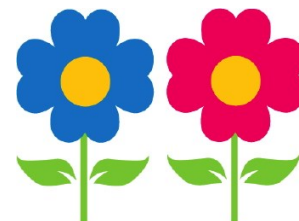
Three Flames= Moderate Intensity

Four Flame= Moderate -High Intensity

Five Flames= High Intensity



THE RAC



GROUP FITNESS

- ⇒ All Group Fitness Classes are included in your membership or drop-in fee.
- ⇒ Classes and/ or instructors are subject to change
- ⇒ We set our standards high. Our team of instructors are all certified in there area of expertise. Each instructor is required to maintain their certification/s along with CPR/FA/AED training.
- ⇒ We understand that not all classes are for everyone, therefore our classes range from beginner to the seasoned fitness enthusiast.
- ⇒ We encourage you to go at your own pace during any form of exercise.
- ⇒ Water is vital. If you forget your water bottle at home, you can purchase one for \$1 at the Fitness Desk
- ⇒ Please wipe down any and all equipment that you use during the class.
- ⇒ Athletic shoes are a must for all cardio and strength training classes
- ⇒ If Ravenna schools are closed due to inclement weather, our group fitness classes will be cancelled.
- ⇒ Most classes are 45 minutes in length unless noted otherwise
- ⇒ Express Classes are 30 minutes