

# FEBRUARY GROUP FITNESS CLASS SCHEDULE

## MONDAY

TIME	CLASS	LOCATION
9:00 AM	PILOXING	STUDIO
10:00 AM	STRETCH EXPRESS	STUDIO
11:15 AM	SILVER SNEAKERS CLASSIC	STUDIO
4:30 PM*	CYCLE	CYCLING RM
4:30 PM	ZUMBA	STUDIO
5:30 PM	BARRE	BARRE ROOM

## TUESDAY

TIME	CLASS	LOCATION
9:15 AM *	CYCLE EXPRESS	CYCLING RM
10:00 AM*	LATIN& LINE	STUDIO
10:30 AM	EQUIPMENT ORIENTATION	FITNESS FLOOR
11:30 AM	BOOM	STUDIO
4:15 PM	YOGA	STUDIO
5:15 PM	PILOXING	STUDIO
6:30 PM *	POWER	STUDIO

## WEDNESDAY

TIME	CLASS	LOCATION
8:00 AM	CYCLE	CYCLING RM
9:00 AM	SILVER SNEAKERS CLASSIC	STUDIO
10:00 AM	MODERATE FLOW YOGA	STUDIO
4:15 PM	GENTLE/MODERATE YOGA	STUDIO
5:15- 6:15 PM	KIDS FITNESS	STUDIO
5:30 PM	CYCLE for 60 minutes	CYCLING RM
6:30 PM *	GENTLE/MODER-	STUDIO

## THURSDAY

TIME	CLASS	LOCATION
9:00 AM	SILVER SNEAKERS CHAIR	STUDIO
10:00 AM	ZUMBA TONING	STUDIO
4:15 PM	CYCLE EXPRESS	CYCLING RM
6:00	ZUMBA	STUDIO

## FRIDAY

TIME	CLASS	LOCATION
8:00 AM	YOGA	STUDIO
9:00 AM	TOTAL BODY WORKOUT	STUDIO
11:15 AM	SILVER SNEAKERS CIRCUIT	STUDIO

## SATURDAY

TIME	CLASS	LOCATION
9:00 AM	TOTAL BODY WORKOUT	STUDIO

## SUNDAY

TIME	CLASS	LOCATION
10:00 AM	CYCLING	CYCLING RM

**THE RAC**  
 530 N. Freedom Street  
 Ravenna, Ohio 44266  
 330-298-1201  
 Hours of Operation:  
 Sun 8am-1pm  
 Mon-Thurs 5am-8pm  
 Fri 5am-7pm  
 Sat 7am-2pm

\* DENOTES NEW TIME OR CLASS



# 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.

**FIT KIDS:** Calling all kids... come join the fun with this fitness hour. These workouts will rid you of excess energy and instill the value of staying healthy. Note to parents, you have to stay in the building while your kids in class.

**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!

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

1. **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!
2. **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.
3. **CIRCUIT:** Alternating between cardio, balance and strength segments, makes this class a tad more challenging then the Classic class.
4. **CHAIR YOGA:** Your whole body will move through a complete series of seated and standing yoga poses, to increase flexibility and balance.

**TABATA:** Tabata training is one of the most effective types of high intensity interval training (H.I.T.T.) Through a variety of simple exercises you will cycle through bursts of work load (20 seconds) followed by a short period of rest (10 seconds). 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. (check the monthly calendar for details).

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

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

