



# SUMMER 2017 RAC CLASS SCHEDULE

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
6:30AM		BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	
9AM		PILOX	CYCLE X-PRESS	SILVER CLASSIC	SILVER CHAIR YOGA	TBW	ROTA-TION
10AM	CYCLE		LOW & GO		20/20/20		
11:15 AM		SILVER CLASSIC 50 min				SILVER CIRCUIT 50 min	
12:15 PM				BASIC YOGA		BASIC YOGA	
4:15 PM		CYCLE X-PRESS			PILATES PLUS		
5:00 PM		BARRE X-PRESS	PILOX				
5:30 PM		TABATA	CYCLE	CYCLE FOR 60	CYCLE		
6:30 PM		BOOT CAMP		POWER YOGA			

*All classes are 45 minutes unless noted otherwise*

## THE RAC SUMMER HOURS

### SUNDAY

8:00 a.m. - 1:00 p.m.

### MONDAY-THURSDAY

5:00a.m.-8:00p.m.

### FRIDAY

5:00a.m.-7:00 p.m.

### SATURDAY

7:00a.m. - 2:00 p.m.

330-298-1201

**Look for our modified  
schedule for the July 4th  
weekend.**

**Class schedule is subject to change without  
notice**

## CLASS DESCRIPTIONS

**BOOT CAMP: (intermediate-advanced)** This circuit-style class incorporates strength and cardio into one high-impact workout. You will target all muscle groups for a full body training session for maximum caloric burn.

**CYCLING: (beginner-advanced)** is a high energy indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music.

**LOW & GO: (intermediate)** This class consists of a warm-up, low/moderate routine and a cool down, appropriate for all fitness levels

**PILATES PLUS: (beginner-advanced)** This 60 minute class combines traditional Pilates with Barre, for a great overall class. This class is appropriate for all fitness levels. Please bring a mat

**PILOX™ (intermediate-advanced)** A non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits. Piloxing is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates.

**POWER YOGA: (intermediate-advanced)** A form of yoga involving aerobic exercises and challenging movements. This type of yoga incorporates Ujjayi breathing.

**SILVER SNEAKERS CLASSIC®: (beginner)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and functional fitness. You will be using a combination of bands, hand weights and balls with the assistance of a chair.

**SILVER SNEAKERS CIRCUIT®: (beginner-intermediate)** Alternating between non impact cardio movement and muscle toning exercises, while moving to fun music is a great way to improve your mood and mental sharpness. A chair is offered for support.

**SILVER SNEAKERS CHAIR YOGA®: (beginner)** Yoga will move your whole body through a complete series of seated and standing yoga poses, to increase flexibility , balance and range of motion.

**TBW: (beginner-advanced)** Offers a little bit of everything to provide an outstanding workout. Builds cardiovascular endurance, strength and tones muscles.

**TABATA: (beginner-advanced)** Tabata training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time.

**YOGA: (beginner-intermediate)** Achieve strength, stamina and flexibility through a series of gentle movements. You will leave this class feeling rejuvenated and relaxed. Please bring a mat.

**20/20/20: (beginner-advanced)** A little bit of everything in this 60 minute class! 20 minutes of aerobic, step aerobics, weight and toning activities.

**X-PRESS CLASSES ARE 30 MINUTES IN LENGTH**