

FITNESS TIDBIT

SHOULDER MOBILITY TEST

Instructions: Preparation-Raise one arm, bend elbow, and reach down across back, with palm facing upper back. Position opposite arm down behind back and reach up across back with back of hand against back.

Execution: With fingers extended, try to cross fingers, upper hand over lower hand. Repeat with arms in opposite position.

Measurement: Measure distance from finger tip to finger tip in inches. If fingers overlap, score as a plus. If fingers fail to meet, score as a minus.

Comments: Many individuals are more flexible on one side compared to the other side. Note any pain or discomfort during movement.

Scoring:

Inches (cm)	Men		Women	
	Right Up	Left Up	Right Up	Left Up
Excellent	>5 (12)	>4 (9)	>6 (14)	>5 (12)
Good	1-4 (1-11)	1-3 (1-8)	2-5 (4-13)	2-4 (4-11)
Fair	0	0	1 (3)	1 (3)
Low	< 0	< 0	<1 (3)	<1 (3)

REMINDERS AND UPDATES

In the event that Ravenna City Schools are closed due to weather, classes at the RAC will also be cancelled. If the State Highway Patrol and/or the Ravenna City Police are asking people to stay off of the roads, the RAC might close. If in doubt, call the RAC's welcome desk at 330-298-1201

THANK YOU for keeping our facility clean by change your shoes before using equipment or going into classes. It is very much appreciated by the staff and the other members.



Poker runs are a great way to have fun and raise money for a cause. They are well attended and the participants always have a great time.

This year, our 13th annual Marlene Watt Memorial 5k is a poker run where participants will set out on foot to various locations throughout the city to collect their best poker hand. Because this event will happen on St. Patty's day, participants will also be encouraged and rewarded for dressing in their BEST Irish garb. **IMAGINE**, hundreds of leprechauns trotting around Ravenna!! **What fun!**

A significant cash prize will be given for the top three hands of poker. Awards for spirit and costumes will be handed out and the community will raise money to send area youth to summer camp and other recreational programs in a super celebratory way. We would love to have you involved as a sponsor and/or a participant. **REGISTER TODAY**

HAPPENINGS

THE RAC

JANUARY 2018

HAPPY NEW YEAR!

WELCOME TO 2018

HOURS OF OPERATION

Sunday 8:00 a.m.-1:00 p.m.
Monday-Thursday 5:00 a.m.-8:00 p.m.
Friday 5:00 a.m.-7:00 p.m.
Saturday 7:00 a.m.-2:00 p.m.

PHONE
330-298-1201

The RAC will be opened on
January 15th, 2018
Martin Luther King Day.

City Offices will be closed





CHANGE

REGISTER NOW FOR THESE AMAZING PROGRAMS

NOW OFFERING PERSONAL TRAINING SERVICES

Change is a verb requiring action, a response, by someone or something. Do you like change? Do you embrace it? Are you ready for it? Or, does it blind-side you?

In order for anything to grow, it requires change.

You may not have the power to change what is happening, but YOU do have the power to respond with positivity or not.

Admittedly, change has never been easy for me. I'm a scheduler, an organizer and I like my routine. My first response to change, is usually not favorable, but it is necessary for growth, both personally and professionally.

My hope is that each of us embrace 2018 with the attitude of 'yes' for the opportunities to grow, change, be molded and re-created by discovering a new world around us, throughout 2018. I want us to try new things, go new places, re- discover or in some cases discover our own towns, meet new people, have new programs, new classes..... I want us grow, to become better. Growth, it will require change.

What opportunities for growth will you embrace?

Change is a verb requiring action, how will you respond in 2018?

TAKE CONTROL OF YOUR MONEY TUESDAY JAN 9TH	\$27.
BATON: GROUP AND PRIVATE LESSONS JAN 10- APRIL 25	\$175.
CYCLE YOUR WAY TO SUCCESSFUL WEIGHT LOSS (INCLUDES MATERIALS) JAN 22-MARCH 15	\$159.
HERBS FOR HEALTH JAN 22	\$25.
20 MINUTE MEALS JAN 9, FEB 13 & MARCH 13	\$25 EACH \$60 FOR ALL THREE
CHEERLEADING CLINIC FEB 17	\$25
CRAFTING WITH KIDS TUESDAYS JAN 23- FEB 13	\$25
SOCCER SHOOTING STARS	\$32.
SPRING LEAGUE	\$40
GAASA	TBD

Program fees listed are for Ravenna City Tax Payers. Non- City Tax Payers may be required to pay an additional fee. See the Winter Program Guide for more details on these programs and MANY others!

One-On-One Training 30 Minutes

Sessions	Package Price
1	\$25
5	\$119
10	\$225
20	\$400

One-On-One Training 60 Minutes

Sessions	Package Price
1	\$45
5	\$215
10	\$405
20	\$720

Two-person-Training 30 Minutes

Sessions	Package Price
5	\$85/pp
10	\$159/pp
20	\$280/pp

Two Person Training 60 Minutes

Sessions	Package Price
5	\$155/ pp
10	\$295/pp
20	\$520/pp