

Your community connection to health, fitness and FUN!

Ravenna Parks and Recreation

# RAC Happenings

530 North Freedom Street ~ Ravenna, Ohio 44266 330-298-1201 www.ci.ravenna.oh.us



Although we tend to think of it as a summertime concern, dehydration doesn't disfavor the cooler months. In fact, the likelihood of dehydration is accelerated when you train in cold weather—and at higher altitudes. In these conditions, the air you breathe is drier, and your lungs have to work harder to humidify that air and warm it up. The harder your body works, the more you need to drink. Match Your Drink to the Duration of Your Activity If you're exercising for up to 1 hour, you can rehydrate with water alone. However, after an hour, add electrolytes and carbohydrates. If you're doing a sport at higher altitudes, increase your fluid requirements.

Hydrate With Room-Temperature Beverages Cold liquids are absorbed quicker. Warmer or room temperature drinks, on the other hand, are better at keeping your internal temperature optimal. Choose the latter when you're exercising in cold temperatures.

## October Lunch and Learns

Tuesdays 12:15-12:45pm

RAC, 530 N. Freedom St.

Free to members or just a drop-in fee.

October 3 - Detoxing safely and effectively

October 10 - Turn off the left brain for peace and productivity

October 17 - 5-pillars of movement for great fitness

October 24 - Keystone habit #2 sleeping well

October 31 - Clean eating (Catch Kathy at the Halloween party with healthy party options)

Here's another great recipe to support your healthy eating! Submitted by Kathy Hammonds

### Kitchari

This is an ancient, go to recipe to heal whatever ails you. It is excellent when digestion is weak or just want so me

soothing, warm food. It is also a tasty way to incorporate some amazing healing herbs.

- 6-7 cups water or vegetable broth
- 2 cups basmati rice
- 1 cup split mung dal or lentils
- 2 cups french green beans (or other vegetables)
- 2 tbsls ghee
- 1/2 tsp turmeric
- 1 tsp fennel seeds
- 1 tsp mustard seeds
- 1-2 tsp cumin seeds
- 1 tbsls grated ginger
- 2 tsp salt
- 1 tbsls coriander seed
- 4 cardamom pods
- 1 bunch freshly chopped cilantro

Wash rice and dal until water is clear. Wash vegetables and chop into 1/2 inch pieces. Grind spices.

Heat ghee in a sauce pan. Add spices and sauté for 1-2 minutes.

Add rice and mung dal and sauté for another couple minutes. Add ginger and vegetables sauté for another minute. Add 6-7 cups water or vegetable broth and bring to a boil. Add salt. Reduce and simmer for 30-45 minutes until tender. Add water as needed for desired consistency. Garnish with cilantro. Enjoy!



October 2017

## THE RAC HOURS

SUNDAY

8:00 a- 1:00 p.m

MONDAY-

THURSDAY

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

FRIDAY

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

SATURDAY

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

## PHONE

330-298-1201

Frank Seman

Mayor

Kathy Hammonds

Director

Judy Watkins

Programs Coordinator

Parks and Recreation

Office Hours

Monday - Friday

8:00 a.m. - noon

1:00 - 4:15 p.m.

330-296-2864

330-296-1280 (fax)

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@RAVENNAOHIO44266

Below are upcoming programs through Ravenna Parks and Recreation with registration dates in September. For more details go to the city's website at [www.ci.ravenna.oh.us](http://www.ci.ravenna.oh.us). Under the Department tab click on Parks and Recreation and you will be at the Parks and Recreation web page. To view and/or enroll in your program or activity of your choice click on the orange button. Enrollment is still available at the office during business hours where payment may be made in cash, check or credit card.

- ◇Brazilian JiuJitsu
- ◇Improv
- ◇Youth Jazz and Modern Dance
- ◇Guitar Lessons  
Youth and Adult
- ◇Natural Soap Making
- ◇Paint and Sip (fundraiser)
- ◇Painting with Acrylics
- ◇Flow of Gratitude Yoga Workshop
- ◇Healthy Cooking with Students
- ◇T'ai Chi
- ◇Basketball
- ◇Slow Flow to Meditate

**The RAC Front Desk Team:**  
 Mary Jo  
 Carrie  
 Jeff  
 Kayla  
 Donna  
 Sandy  
 Beth  
 Sherry

Join us on Oct 18, from 6:30-8:30 at the Center of Hope, for a night of fun, laughter and art.

**The event serves four purposes: to help build our Marlene Watt scholarship fund, which allows children of low income families to participate in a variety of activities; educate and encourage arts in our region; create an event that will involve participation from our entire community and promote Portage County as a great place to LIVE, WORK, PLAY & DISCOVER! A \$45 registration not only provides scholarship opportunities, but you will leave with a 16 x20 piece of art that you created (all supplies are included).**

**Space is limited, so REGISTER NOW! at [www.artbreakexperience.com](http://www.artbreakexperience.com)**  
**We will assist you in registering for the PAINT and SIP!**

**Ravenna City Trick or Treat**  
**October 28th**  
**3pm-5pm**



## Update

They will begin the installation process on December 8, 2017. As a reminder, our GX room will be "off-line" and inaccessible until completion. They are hoping to wrap it up, no later than January 1, 2018.

**City Offices**  
 (including Parks & Recreation)  
**Will be closed on**  
**Monday, October 9**  
 for Columbus Day  
**The RAC will be open normal**  
**business hours on this date.**

**BARRE: (all levels)** classes are designed to effectively strengthen, tone and balance the entire body. We integrate the use of the ballet barre, light weights and various props, while focusing on form and precision while performing small isometric movements

**BOOM: (intermediate)** Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required. A 10 minute cool-down and stretch rounds out this 40 minute class

**CYCLING: (all levels)** A high energy indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music.

**CYCLE & SCULPT (all levels)** An **incredible** combination of a cardio blast on the bikes and full body sculpting class! You're on the bike tearing it up for 30 minutes, then you're off to the studio with a strength and sculpt workout A full body workout in 60 minutes that will fly by!

**FITNESS ORIENTATIONS (all levels)** Not sure where to begin? How to use the equipment? Or, maybe you've been coming for a while, and you're not sure if you are using the machines properly, or need a refresher, then this is an hour well worth your time. In fact, knowing how to use the machines properly is the **MOST** important information you can have. We ask that you please sign-up at the front desk, so that we can better serve you.

**.Mind Body (beginner- intermediate)** Focus on improving balance and flexibility in this class inspired by Yoga and Pilates. Practice mindful breathing and engage your core in a calming yet invigorating way Silver Sneakers Friendly!

**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.

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

**CORE:** All moment, even a simple bicep curl, begins and ends with the engagement of the core muscles. Core muscles are those from the upper thigh to and including around the ribcage. It is essential for injury prevention that those muscle be conditioned. This class' only focus is on those important muscles.

**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.

**ZUMBA® (all levels)** A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Zumba® Toning (all levels)** combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba®toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

**With the growth that we have experienced over these last few months, we are looking to expand our Group Fitness Staff. If you or anyone you might know, are interested in becoming certified in Group Fitness instructor and/or any other form discipline of fitness. Let us know. As an examiner for AFAA, Judy will happy to guide you through the process.**

# October

	MON	TUES	WED	THURS	FRI	SAT	SUN
8 am			Cycle Brenda		Gentle-Moderate Yoga Julianne		
9:00 am	Piloxing Judy	Zumba-Latin Dancing Josie	Silver Sneakers Classic Karen	Silver Sneakers Yoga Karen	Total Body Workout JoAnn	Rotation JoAnn	
10:00 am	Stretch and Flex Express ★ Judy	Cycle Express Judy	Yoga (new time) Cyndy	Zumba Basic Toning Josie			Cycle Malia
10:30 am		Equipment Orientation Kathy					
11:15 am	Silver Sneakers Classic Jewel			Core Express Judy ★	Silver Sneakers Circuit Judy		
11:30 am	Cycle Express Judy	BOOM Lillian					
12:15 pm		Mind Body Lillian			Yoga Charlotte		
4:15 pm	Cycle Express Judy	Yoga Kathy		Cycle Express Judy			
4:30 pm	Zumba Wendy		Gentle-Moderate Yoga Julianne				
5:15 pm	Core Express Judy ★	Piloxing Judy	Cycle & Stretch Emily				



Classes are FREE with your paid membership or with the daily drop-in fee