



June 2017

Volume 17 Issue 6

Your community connection to health, fitness and FUN!

Ravenna Parks and Recreation – Ravenna Athletic Center

RAC HAPPENINGS



Summer Special

We are please to announce our Summer Student Special. Whether you are a student in High School or returning home from college, you don't want to miss this opportunity to purchase your 3 month mem-

Yes, you've noticed some new faces at the RAC... or maybe some you haven't seen in awhile.

Kathy Hammonds has returned as Interim

Director for Ravenna Parks and Recreation. Kathy was THE Director who got the RAC up and running. We are thrilled to have her knowledge and presence back at the RAC.

Kathy also teaches Yoga (she's kind of a big deal in the yoga world!) as well as Cycling and Toning.

Judy Watkins has returned as Programs

Coordinator for the Ravenna Parks and Recreation

Judy taught group fitness at the RAC before accepting the position as Group Fitness and Instructional Programs Coordinator for KSU –Student Recreation and Wellness Center. Most recently Judy worked for Sequoia

Wellness Partners as a Group Fitness Leader, Personal Trainer and Fitness Associate

Judy is a certified instructor with over twenty-five years experience and is certified to teach Cycling, Pilates, Pilox® Silver Sneaker®, and a host of other formats

We also have some new faces in the Group Fitness and Cycling Room

New Instructors include:

JoAnn Marold

Glynis Palmisano

Emily Plocinik

Karen Rutan

Rhianna Sweet

Phillis Sgotto

Malia Tschantz

Judy Watkins

They join the current Group Fitness instructors, who we thank for their continued service!

Jewel Loftin

Charlotte Silver

Cyndy Trocchio

Mark your calendar NOW

Tuesday, July 4

8:30– 9:45 a.m.

Firecracker Fitness-Frenzy

Independence Day Hours

Monday, July 4

7:00 - 10:00 a.m.



Flag Day History

National Flag Day is when Americans celebrate the meaning of their nation's flag, honor the traditions associated with its care, and educate those around them to its significance. The Flag of the United States is to be honored and carries with it both history and tradition. On June 14, 1777 the Flag Resolution was signed, making the current stars and stripes the National Flag of the United States of America. On May 30, 1916,

President Woodrow Wilson called for the nation-wide observance of Flag Day. In 1949, President Harry S. Truman signed congress' decree, making June 14th of each year National Flag Day.

RAC Summer Hours

RAC Summer Hours

will begin June 1

Sunday

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

Monday - Thursday

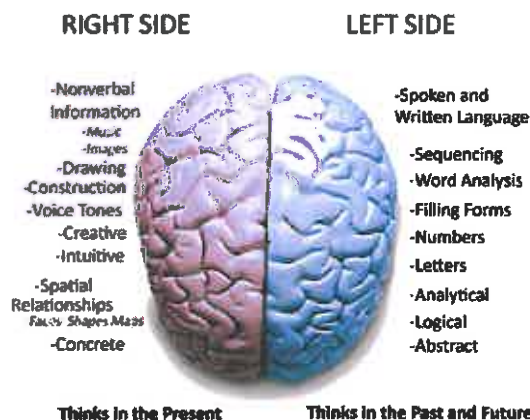
5:00 a.m. - 8:00 p.m.

Friday

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

Saturday

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



Wellness Focus

There is an American proverb that says: "We need brain more than belly food," and it's true. A resting persons brain uses 20% of food energy even though it accounts for just 2% of the body's weight. Your brain needs fuel, especially foods packed with brain-boosting nutrients. There are some very tasty and healthy brain foods. Here are some of the top brain foods:

1. Salmond or other oily fish, which contain the omega-3, that help maintain brain cells and build stronger connections between the cells.
2. Brightly colored fruits and vegetables, notably blueberries and spinach, are high in antioxidants that also maintain healthy brain cells and improve brain-cell connectivity
3. Avocado is one of the most easily digestible sources of high quality protein and healthy fats. Avocado also contains antioxidants, fiber and folate, among other nutrients
4. Nuts contain protein, complex carbohydrates, and beneficial fats. They also provide a good dose of vitamin E, which promotes brain function. Almond are the best nuts, followed by hazelnuts, cashews, pistachios and walnuts



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	ROTATION
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			

Summer 2017 RAC CLASS SCHEDULE

Classes are FREE with your paid membership or with your paid drop-in fee when the class is scheduled.

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 BARRE: (beginner-advanced) 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

PILATES PLUS: (beginner-advanced) This 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.