

MONDAY

TIME	CLASS	LOCATION
9:00 AM	Piloxing Judy	Studio
10:15 AM	Gentle Yoga Juliann	Studio
11:15 AM	Silver Sneaker Circuit Sharlotte	Studio
4:30PM	Chisel Gabriel	Studio
5:30PM	POUND Elizabeth	Studio

TUESDAY

TIME	CLASS	LOCATION
9:00AM	*Step & Sculpt Judy	Studio
10:15AM	Latin & Line Josie	Studio
11:15AM	Silver Sneakers Circuit Sharlotte	Studio
5:00PM	Muscle Mix Up Jenna	Studio, Barre TRX-Studio

WEDNESDAY

TIME	CLASS	LOCATION
8:00AM	NEW All- Level Yoga Lillian	Studio
9:00AM	NEW TRX Lillian	TRX Studio
9:00 AM	Silver Sneakers Classic Karen	Studio
10:15 AM	Piloxing Judy	Studio
4:30 PM	Zumba Josie	Studio
5:30 PM	POUND Elizabeth	Studio

JANUARY

THURSDAY

TIME	CLASS	LOCATION
9:00 AM	*Silver Sneakers Chair Yoga Karen	Studio
10:15 AM	Zumba Toning Josie	Studio
5:15PM	Tabata Glynis	Studio

FRIDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio
10:15 AM	Silver Sneakers Circuit Sharlotte	Studio
11:15 AM	Tai Chi John	Studio

SATURDAY

TIME	CLASS	LOCATION
8:30AM	*Cycle Dana	Cycle Studio
9:00 AM	TBW JoAnn	Studio

*HOLIDAY HOURS *

01/01 CLOSED

*NEW CLASSES

Starting On Wednesday 01/05
All- Level Yoga @ 8am with Lillian
TRX @ 9am with Lillian

*CLASS UPDATES AND POP UPS

Friday, Jan 7th @ 4:30- Chicks with Sticks
Tuesday, Jan 11th @ 9am- Chicks with Sticks
Tuesday, Jan 11th @ 5pm- Band Camp
Saturday, Jan 15th @ 9am Chicks with Sticks
Tuesday Jan 18th @ 9am Band Camp

*SPECIAL EVENT *

JANUARY 15TH 9AM CHICKS WITH STICKS
FREE EVENT
HUGE DISCOUNT ON MERCHANDISE FOR
ATTENDEES

CLASS DESCRIPTION

ALL LEVEL YOGA: This class is designed for everyone. Perfect for a beginner, new to yoga and looking for guidance and appropriate for the yogi wanting to review principals, alignment and breath work.

CHISEL: Define, tone and sculpt and chisel long lean arms and legs with this total body workout using weights and body moments.

CYCLE: Find your perfect ride on an indoor bike. This class is designed for everyone. The class allows you to control the resistance and pedal speed to create the ideal workout for you. We will fit your bike and make certain you are comfortable and in proper riding alignment,

EQUIPMENT 101: Not sure where to start or how to use the equipment? Learn the basics and get familiarized with the nautilus equipment. Sign-up at the welcome desk to ensure your spot, as space is limited.

LATIN & LINE: Move to the sounds of Latin music while learning the newest and tried and true line dances.

MUSCLE MIX-UP: This class will keep you're muscles guessing! BOSU, Weights, TRX, Cycle, Kettlebell, HIIT and Barre are formats that will be used in this ultimate mix-up class!

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!*

POUND: POUND. ROCKOUT. WORKOUT. Channel your inner performer using lightly weighted drumsticks engineered specifically for exercising POUND transforms drumming into an incredibly effective way of working out.

SILVER SNEAKERS ®: The RAC offers three forms of Silver Sneakers.

1. **CLASSIC:** Wondering where to start? This class is the place as it offers a variety of exercise designed to increase muscle strength, range of motion and functional fitness
2. **CIRCUIT:** Alternating between cardio, balance and strength segments makes this class a tad more challenging than the Classic.
3. **CHAIR YOGA:** Your whole body will move through a complete series of seated and standing yoga poses, to increase flexibility and balance

STEP & SCULPT: This energizing step workout makes you feel liberated and alive. Using a height-adjustable step you'll move on, over and around the step,. You get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear!

TABATA is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

TAI CHI: Tai Chi is an ancient Chinese discipline of meditative movements practiced as a system of exercises.

TOTAL BODY WORKOUT: (TBW) Just as the name implies, you will tone and tighten every major muscle group for a total body workout.

TRX: A form of suspension training that uses body weight Exercises to develop strength, balance, flexibility and core stability

GENTLE YOGA: An effective class that is safe, effective. Compassionate. Non-competitive environment welcoming to all.

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

ZUMBA TONING: Do you want to party toning and sculpting your muscles? The challenge of adding resistance by using light weights helps you focus on specific muscle groups, so you (and your muscles) stay engaged .

GROUP FITNESS

- ✘ All Group Fitness Classes are included in your membership or drop-in fee.
- ✘ Classes and/ or instructors are subject to change without notice.
- ✘ We set our standards high. Our team of instructors are all certified in their area of expertise. Each instructor is required to maintain their certification/s along with CPR/FA/AED training.
- ✘ 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.
- ✘ We are consistently monitoring the Sate, County and City Covid mandates and guidelines which we will adjust to accordingly.
- ✘ All classes are 45 minutes unless noted otherwise.

HOURS

Sun 7am-1pm
Mon-Thurs 5am-8pm
Fri 5am-7pm
Sat 7am-1pm