

November

MONDAY

TIME	CLASS	LOCATION
9:00 AM	Piloxing Judy 	Studio
10:00 AM	Gentle Yoga Juliann 1 Hour Class	Studio
11:15 AM	Silver Sneaker Circuit Sharlotte	Studio
4:30 PM	CHISEL Gabriel	Studio
5:30 PM	POUND Elizabeth 	Studio

Closed Veteran's Day
Friday, November 11th

Closed Thanksgiving Day
Thursday, November 24th

TUESDAY

TIME	CLASS	LOCATION
9:00 AM	Cardio Sculpt Judy	Studio
10:15 AM	Latin & Line Josie 	Studio
11:15 AM	Silver Sneakers Circuit Sharlotte	Studio
5:30 PM	Muscle Mix Up Jenna 11/8 & 11/22	Studio
6:30 PM	All Level Yoga Glynis	Studio

WEDNESDAY

TIME	CLASS	LOCATION
8:00 AM	All Level Yoga Lillian	Studio
9:00 AM	TRX Lillian	TRX Studio
9:00 AM	Silver Sneakers Classic Karen	Studio
10:15 AM	All Level Yoga Cyndy 1 Hour Class	Studio
5:30 PM	Latin & Line Josie 11/16 Latin Themed Dress Attire	Studio

FRIDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio
10:15 AM	Silver Sneakers Circuit Sharlotte	Studio
11:15 AM	Pop-Up Refer to List Below	Studio

Open Net Play Every Friday 12:30 pm

POP UP CLASSES
 November 4, Friday @ 11:15 am Core & More with Karen
 Gym Closed Friday November 11
 November 15, Tuesday @ 9:00 am Zumba Toning with Josie
 November 18, Friday @ 11:15 am Silver Sneaker Boom Muscle/Mind with Josie
 November 25, Friday @ 11:15 am Gratitude Yoga with Juliann
 November 28, Monday @ 9:00 am Kickboxing with Karen
 November 29, Tuesday @ 9:00 am Buns and Guns with Karen

SATURDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio

THURSDAY

TIME	CLASS	LOCATION
9:00 AM	Silver Sneakers Chair Yoga Karen	Studio
10:15 AM	Zumba Toning Sticks Josie 	Studio
4:30 PM	Buns & Guns Karen	Studio
5:30 PM	All Level Yoga Glynis	Studio



This symbols indicated classes where the volume of the music is played louder than some may be accustomed. These volume fluctuations creates class cultures and environments appropriate to the class format. Please plan your workout accordingly

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.

BUNS & GUNS: If you are looking for a fun, motivational, kick butt workout, this class is for you! This total body workout will target the derriere' and arms. This class uses a variety of equipment to help you appear firmer, toned and tightened.

CARDIO SCULPT: This energizing workout makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear!

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

CORE & MORE: Just as the name sounds. This class focuses on all of the core muscles including the Abdominals, Obliques, Pelvis and the Erector Spinae. This class does involve mat/floor work.

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.

GENTLE YOGA: An effective class that is safe and compassionate. This class offers a environment welcoming to all.

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 your muscles guessing! BOSU, Weights, TRX, Cycle, Kettlebell, HITT 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! 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

BOOM MUSCLE/MIND: This special Silver Sneakers class will help you to build upper body strength and condition muscles, transitioning into the best of Yoga, Pilates and Barre exercises. Build strength, endurance and flexibility with this one of a kind pop-up class.

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

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