

JANUARY SCHEDULE

January 5—January 31

MONDAY

TIME	CLASS	LOCATION
9:00 AM	Pilox - Judy *Only on 1/6, 1/13 & 1/27	Studio
9:00 AM	**Pound - Janel *Only on 1/20	Studio POP UP
10:00 AM	Yoga -Cyndy	Studio
11:15 AM	Silver Sneakers Classic - Janel	Studio
4:30 PM	Zumba - Janel	Studio

TUESDAY

TIME	CLASS	LOCATION
9:00 AM	Tai Chi - John	Studio
10:00 AM	Latin Line - Josie	Studio
11:30 AM	*SilverSneakers Circuit - Charlotte	Studio NEW
4:30 PM	Barbell Pump - Janel	Studio

WEDNESDAY

TIME	CLASS	LOCATION
8:00 AM	**Cycle 360 - Beth *Only on 1/15 & 1/29	Cycle Studio POP UP
9:00 AM	*Barre Xtra - Judy	Barre Studio NEW
9:00 AM	SilverSneakers Classic - Karen	Studio
4:30 PM	*Pilox - Judy	Studio NEW
5:15 PM	Muscle Mix-up - Jenna	Barre Studio/Studio
6:15 PM	**Candlelight Yoga - Danielle *Only on 1/15	Barre Studio POP UP

THURSDAY

TIME	CLASS	LOCATION
8:00 AM	Cycle - Rebecca	Cycle Studio
9:00 AM	SilverSneakers Chair Yoga - Karen	Studio
10:00 AM	Zumba - Josie	Studio
4:30 PM	*Pound - Janel	Studio NEW
5:30 PM	Barre Xtra - JL/JM	All Studios

FRIDAY

TIME	CLASS	LOCATION
8:00 AM	Yoga - Juliann *No class 1/31	Studio NEW
9:00 AM	Total Body Workout - JoAnn	Studio
10:15 AM	SilverSneakers Circuit - Sharlotte	Studio
11:15 AM	Tai Chi - John	Studio

TGIFF
Thank Goodness It's Free Fitness Friday!
01/31/2020

SATURDAY

TIME	CLASS	LOCATION
7:30 AM	Yoga - Joann	Barre Studio NEW ⌚
9:00 AM	Total Body Workout - JoAnn	Studio
10:00 AM	TRX 101 - BB/JM (limit 8/class)	Barre Studio

CLASS DESCRIPTION

CYCLE: A high energy indoor cycling class led by a motivating instructor will take you through peaks and valleys. Each class is a different then the one before, to develop an incredible fitness level for *you!*

PILOX: 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!

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

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

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

YOGA: This class is suitable for all yoga experience levels. It focuses on flexibility, strength, balance, and relaxation through the basic poses. Class is suitable for both new and advanced individuals.

POWER YOGA: This style of yoga includes linking breath and movement. It is a dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance.

BARRE: Barre combines ballet-inspired moves with pilates, yoga and strength trainings great for all fitness levels.

BARRE XTRA: Barre sprinkled with fun! Maybe it will be cycling one week, yoga the next! Your heart will be pumping and your muscles lengthening, strengthening, and moving

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

Barbell Pump: This barbell class will sculpt, tone, strengthen and transform your entire body. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning

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

SILVER SNEAKERS®: The RAC offers three formats of Silver Sneakers:

1. **CLASSIC:** Wondering where to start? This class is the place as it offers a variety of exercises 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 then the Classic class.
3. **CHAIR YOGA:** Your whole body will move through a complete series of seated and standing yoga poses, to increase flexibility and balance.

CANDLELIGHT YOGA: Yoga by candlelight is a nourishing way to end the day. Relax, unwind and relive tension in the body, heart and mind. This class is suitable for all levels and includes breathing and relaxation exercises.

POUND: POUND. ROCKOUT. WORKOUT. Channel your inner performer and rock your body with this modern-day fusion of movement and music. Using lightly weighted drumsticks engineered specifically for exercising POUND transforms drumming into an incredibly effective way of working out.

TRX 101: Class will include basic foundation TRX exercises, along with a comprehensive breakdown of TRX anatomy and length adjustments. Experienced TRX-users are welcome!

CYCLE 360: Adds variety to the everyday indoor cycling class and provides participants with a total body circuit workout. Cycle 360 combines the aerobic work of indoor cycling with OFF the bike strength and core training, allowing riders to get the best of three formats in a single class, balancing muscles and avoiding burnout.

Balance, Stability & Flexibility: This class is designed for every fitness level. Improve your balance and stability through a variation of dynamic exercises. Flexibility movements are inspired by yoga.

THE RAC
530 N. Freedom Street
Ravenna, Ohio 44266
330-298-1201
Hours of Operation:

Sun 8am-1pm
Mon-Thurs 5am-8pm
Fri 5am-7pm
Sat 7am-2pm

GROUP FITNESS

- ✦ All Group Fitness Classes are included in your membership or drop-in fee.
- ✦ Classes and/ or instructors are subject to change.
- ✦ 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.

