

CLASS DESCRIPTION

ADAPTIVE CARDIO: An approach to exercise designed to accommodate individuals with disabilities regardless of skill. *The membership is waived for one caregiver, if needed (must stay in the room with participant).

BALANCE: This class focuses on fall prevention and balance exercises. Chairs are used for stability and guidance.

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

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 sound of Latin music while learning the newest and tried and true line dances.

STEP INTERVAL: In this class we use a step platform to bring choreograph and dynamic strengthening movements to create a FUN interval workout!

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.

PILATES/YOGA FUSION: A system of exercises designed in a format to improve physical strength, flexibility, posture, balance and breathing. This class may incorporate special Pilates and Yoga equipment

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

SUNRISE YOGA: A gentler, less intense form of yoga that will increase strength, flexibility and reduced stress while connecting mind, body and breath. A chair is offered, however participants are free to take poses to a standing position depending on their own comfort level

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

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

VINYASA YOGA: This class utilizes fluid movement, synchronized to breath, providing pose variations for all levels from beginner modifications to more challenging advanced poses. Reduce stress, improve breathing, strength and flexibility.

ZUMBA @: A fusion of Latin and International dance using music to create a dynamic workout that is FUN and EASY to do.

20/20/20: Three workouts in one! Class will include 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of balance and flexibility exercises. A variety of class formats and equipment will be used in each segment.

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