



## MONDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Piloxing</b> Judy (no class 12/9)	Studio 
10:00 AM	<b>Gentle Yoga</b> Cyndy <b>1 Hour Class</b> (no class 12/23)	Studio
11:15 AM	<b>Silver Sneaker Circuit</b> Sharlotte	Studio
4:30 PM	<b>Chisel</b> (Dec 2, 16, 30)	Studio
5:30 PM	<b>ZumbaToning/ Latin Line Dancing</b> Josie 1 hour class (Dec 2, 9 and 16)	Studio  <b>NEW</b>

## TUESDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Cardio Sculpt</b> Judy	Studio 
10:00 AM	<b>Step Interval</b> Sharlotte	Studio
11:15 AM	<b>Silver Sneakers Circuit</b> Sharlotte	Studio
6:30 PM	<b>Vinyasa Yoga</b> Glynis	Studio



Schedules are subject to change. Please visit our Facebook page, The RAC, for the most up to date information.

# December

## WEDNESDAY

TIME	CLASS	LOCATION
9:00 AM	<b>TRX</b> Lilian	Barre Room
10:15 AM	<b>Silver Sneakers Classic</b> Lilian	Studio
12:00 PM	<b>Equipment 101</b> 6th and 20th <b>Pre-Registration Required</b>	Gym
5:30 PM	<b>Zumba</b> Brittney	Studio 

### POP-UP

Monday, 12/23 @ 4:30 Holiday HIIT

Monday, 12/23 @ 5:15 Yuletide Yoga

## THURSDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Silver Sneakers Chair Yoga</b> Cyndy (no class 12/26)	Studio
10:15 AM	<b>Cardio Sculpt</b> Sharlotte	Studio
11:15 AM	<b>All Level Yoga</b> Cyndy (no class 12/26)	Studio
6:30 PM	<b>Vinyasa Yoga</b> Glynis	Studio

## FRIDAY

TIME	CLASS	LOCATION
9:00 AM	<b>TBW</b> JoAnn	Studio
10:15 AM	<b>Sunrise Yoga</b> Marea	Studio
11:15 AM	<b>Silver Sneakers Stability</b> Roger	Studio
5:00 PM	<b>Adaptive Cardio!</b> Marea	Studio

## SATURDAY

TIME	CLASS	LOCATION
9:00 AM	<b>TBW</b> JoAnn	Studio

## SUNDAY

TIME	CLASS	LOCATION
11:00 AM	<b>20/20/20</b> Marea 1 hour class	Studio

### The RAC Holiday Hours:

Closed at 1PM on December 24th and reopens at 5AM, December 26, 2024.

Closed at 4:30PM on December 31st and reopens at 5AM on January 2nd, 2025.



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

# 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).

**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.

**CYCLE 360:** Not your ordinary riding class. This class incorporates intervals of strength training along with cycling. Using various forms of equipment.

**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
4. **Stability:** Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

**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