

# 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, 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 sounds of Latin music while learning the newest and tried and true line dances.

**KICK MIX:** This class is a high intensity class, incorporating kicking and punching techniques used to build endurance, better cardio respiratory fitness and burn calories, mixed with strength conditioning exercise.

**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.

**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

**TOTAL BODY CIRCUIT:** This is a high intensity, total body workout class. This class uses lighter weights, higher repetitions in a circuit style format, incorporating cardio segments between each endurance exercise. You will improve your muscle endurance and cardio respiratory fitness.

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

**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