

# 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, motivating, 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.

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

**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.

**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 then 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

**STABILITY BALL CLASS:** This class is an interval style workout designed to help core stabilization, strength, and overall 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 ®:** A fusion of Latin and International dance using music to create a dynamic workout that is FUN and EASY to do.

## 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