

# CLASS DESCRIPTION

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

**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.

**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.

**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.

**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.

**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

**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.

## **SUMMER SHAKE UP:**

**NO BEACH VOLLEYBALL-** Join us in the back Lot of the RAC for a friendly volleyball game using a beach ball.

**KICKING ASPHALT-**This 45-minute class will take place at Chestnut Hills Park located at 130 Chestnut Hill Dr. Ravenna. This interval walking class will utilize resistance bands to add strength conditioning to your walking workout. Please bring water.

**CORNHOLE-**A lawn game that teams take turns throwing bean bags at an inclined board. Points are accumulated when a bag goes in the hole or lands on the board. Chestnut Hills Park

## 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