

# September

## MONDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Piloxing</b> Judy 	Studio
10:00 AM	<b>Gentle Yoga</b> Juliann <b>1 Hour Class</b>	Studio
11:15 AM	<b>Silver Sneaker Circuit</b> Sharlotte	Studio
4:30 PM	<b>CHISEL</b> Gabriel	Studio
5:30 PM	<b>POUND</b> Elizabeth 	Studio

Labor Day  
September 5th  
Modified Hours  
No Group Fitness Classes

## TUESDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Cardio Sculpt</b> Judy	Studio
10:15 AM	<b>Latin &amp; Line</b> Josie 	Studio
11:15 AM	<b>Silver Sneakers Circuit</b> Sharlotte	Studio
5:30PM	<b>All Level Yoga</b> Glynis	Studio

## WEDNESDAY

TIME	CLASS	LOCATION
8:00 AM	<b>All Level Yoga</b> Lillian	Studio
9:00 AM	<b>TRX</b> Lillian	TRX Studio
9:00 AM	<b>Silver Sneakers Classic</b> Karen	Studio
9:00 AM	<b>Piloxing</b> Judy 	City Park <b>NEW</b>
10:15 AM	<b>Pickle-Ball</b> Judy	City Park <b>NEW</b>
10:15 AM	<b>All Level Yoga</b> Cyndy <b>1 Hour Class</b>	Studio <b>NEW</b>
5:30 PM	<b>Latin &amp; Line</b> Josie 	Studio

## THURSDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Silver Sneakers Chair Yoga</b> Karen	Studio
10:15 AM	<b>Zumba Toning Sticks</b> Josie 	Studio
5:30 PM	<b>All Level Yoga</b> Glynis	Studio

## FRIDAY

TIME	CLASS	LOCATION
9:00 AM	<b>TBW</b> JoAnn	Studio
10:15 AM	<b>Silver Sneakers Circuit</b> Sharlotte	Studio

**POP UP CLASSES**  
  
 September 2, Friday @ 11:15am Boom Move  
 September 9, Friday @11:15 am Boom Muscle  
 September 16, Friday @ 11:15 am Boom Move  
 September 23, Friday @ 11:15 am Boom Muscle  
 September 30, Friday @11:15 am Boom Move  
 With Josie

## SATURDAY

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



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

# 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.

**BOOM MOVE ®:** A higher intensity dance workout class incorporating Zumba Gold This class helps to improve cardio endurance and burns calories. Move is all about breaking a sweat and having fun! The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**BOOM MUSCLE ®:** This class incorporates athletic based exercises that improve upper body conditioning. You'll move through several "blocks" which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

**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.

**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.

**PICKLEBALL:** A fun sport combining elements of tennis, badminton and ping pong. Games can be played with singles or doubles and enjoyed by all ages and skill level.

**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!*

**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

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

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

**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