

MONDAY

TIME	CLASS	LOCATION
9:00 AM	Total Body Circuit Karen	Studio
10:00 AM	Gentle Yoga Cyndy 1 Hour Class	Studio
11:15 AM	Silver Sneaker Circuit Sharlotte	Studio
4:30 PM	CHISEL Gabriel	Studio
5:30 PM	TBW JoAnn	Studio

TUESDAY


TIME	CLASS	LOCATION
9:00 AM	Buns & Guns Karen	Studio
10:15 AM	Latin & Line Josie 	Studio
11:15 AM	Silver Sneakers Circuit Sharlotte	Studio
5:30 PM	Muscle Mix Up Jenna No Class 9/12	Studio
6:30 PM	All Level Yoga Glynis	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

September

WEDNESDAY

TIME	CLASS	LOCATION
9:00 AM	Silver Sneakers Classic Karen	Studio
9:00 AM	TRX Lilian	Barre Room
10:00 AM	Gentle Yoga Lilian	Studio
12:00 PM	September 13 & 27 Equipment 101	Gym Pre-Registration Required
5:30 PM	Zumba Josie 	Studio

THURSDAY

TIME	CLASS	LOCATION
9:00 AM	Silver Sneakers Chair Yoga Karen 1 Hour Class	Studio
10:15 AM	Latin & Line Josie 	Studio
11:15 AM	All Level Yoga Cyndy 1 Hour Class	Studio
6:30 PM	All Level Yoga Glynis	

FRIDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio
10:15 AM	Silver Sneakers Circuit Sharlotte	Studio
11:15 AM	Stability Ball Class Ann	Studio

SATURDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio

Labor Day

September 4

Modified hours 7:00am –1:00pm

No Group Exercise

Walk this Weigh

Wednesdays @ 8:30am

9/6 Towpath Hunts Farm

9/13 Tannery Park

9/20 Hudson Spring Park

9/27 Chestnut Hills Park

Hiking Series

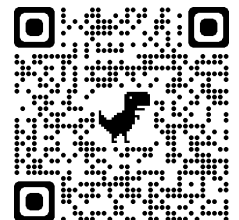
Thursdays @ 6:30pm

9/7 Munroe Fall Park

9/14 Brandywine Falls

9/21 Tallmadge Meadows Park

9/28 Goodyear Metro Park



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