

GROUP FITNESS



BARRE: Stretch, tone and feel the burn with this redesigned barre class that includes fat burning plyometrics, bodyweight exercises and muscle lengthening stretches.

BLOOD PRESSURE CLINIC: Our Friends at Longmeadow will take your Blood Pressure, answer questions and give suggestions for controlling your blood pressure.

BOOT CAMP: Boot camp is a challenging total body workout that increases all aspects of your fitness using classic calisthenics, weight training and a never give up mental attitude.

CARDIO MIX: This cross training class uses a mix of interval training and circuit training formats combined with fun cardio routines that incorporate elements of endurance training, calisthenics, and strength training to help develop overall body fitness **Silver Cardio Mix is a lighter version of this format**

COUCH TO 5K: This is a perfect opportunity to build stamina, though walking/, jogging or running while enjoying company of others. Note: this class is held at the stadium

CYCLE: A high energy indoor cycling class led by a motivating instructor will take you through peaks and valleys. Each class is a different then the one before, to develop an incredible fitness level for *you!*

EQUIPMENT ORIENTATIONS: Not sure how to use the fitness floor equipment? Sign-up at the front desk to ensure your spot, as space is limited.

FAMILY YOGA: All ages and levels come together to experience a playful practice where we improve strength, flexibility, and coordination. We will learn how to focus and center ourselves with various breathing and visualization techniques. This class is recommended for children ages 5-12, along with one parent per child.

LATIN & LINE: Move to the sounds of Latin music while learning the newest and tried and true line dances.

PILATES: This is a class that strengthens abdominal muscles and can ease back problems, increase flexibility, improve overall muscle tone and posture.

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!

STRETCH X: The ability to move joints at their full range of motion (ROM), is important for several reasons, it decreases physical pain and prevents injury. You don't want to skip this element of fitness.

SILVER SNEAKERS®: The RAC offers four formats of Silver Sneakers:

BOOM®: (standing class) Another great offering brought to you by the Silver Sneakers Program. Have you hit a fitness plateau? Are you ready for a challenge? Then try BOOM!

1. **CLASSIC:** Wondering where to start? This class is the place as it offers a variety of exercises 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 class.
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: Just as the name implies, you will tone and tighten every major muscle group for a total body workout.

"X":-PRESS CLASSES ARE 30 MINUTES.

YOGA: There are many different disciplines of yoga, we are thrilled to offer our members and guest a variety of yoga styles; Gentle, Moderate, Slow Flow, Vinyasa, Chair, and Restorative are all offered at the RAC.

ZUMBA: A fusion of Latin and International Music and dance creates a dynamic workout that is FUN and EASY to do.

