


SEPTEMBER SCHEDULE

Sept 1 — Sept 30

MONDAY



TIME	CLASS	LOCATION
9:00 AM	Pil-Boxing - Judy 35 minutes	Studio
11:15 AM	Silver Sneakers Classic - Janel 45 minutes	Studio
4:30 PM	Step & Sculpt - Judy 40 minutes <i>*Limit 10</i>	Studio 

No classes on Labor Day

RAC Hours 7:00a-2:00p

Monday Sept. 7

TUESDAY

TIME	CLASS	LOCATION
9:00 AM	Tai Chi - John 45 minutes	Studio
10:00 AM	Latin Line - Josie 45 minutes	Studio 
11:15AM	Silver Sneakers Circuit - Charlotte 45 minutes	Studio 
4:30 PM	Barre Xtra – Glynis 40 minutes	Studio



Participant limit per location:

**Unless noted otherwise*


Studio: 16 participants max

Outdoor: 16 participants max

WEDNESDAY

TIME	CLASS	LOCATION
9:00 AM	Silver Sneakers Classic - Karen 45 minutes	Studio
10:00 AM	Step & Sculpt - Judy 40 minutes <i>*Limit 10</i>	Studio
12:00 PM	Equipment 101 - Roger/Janel <i>*Limit 2—sign up required</i>	RAC  
4:30 PM	Zumba - Janel 40 minutes <i>*Josie—Sept 9</i>	Studio
5:15 PM	Pound - Janel 30 minutes <i>*Limit 10</i> <i>*Zumba Toning—Josie Sept 9</i>	Studio

THURSDAY

TIME	CLASS	LOCATION
9:00 AM	Silver Sneakers Chair Yoga - Karen 45 minutes	Studio
10:00 AM	Zumba Toning - Josie 45 minutes	Studio 
4:30 PM	Power Yoga - Glynis 45 minutes	Studio

FRIDAY

TIME	CLASS	LOCATION
9:00 AM	TBW - JoAnn 45 minutes <i>*Karen—Sept 4</i>	Studio
10:15 AM	Silver Sneakers Circuit - Charlotte 45 minutes	Studio
11:15 AM	Tai Chi - John 45 minutes	Studio

SATURDAY

TIME	CLASS	LOCATION
9:00 AM	TBW - JoAnn 45 minutes <i>*Glynis—Sept 5</i> <i>*No class Sept 12—Chalk Fest</i>	Studio

Due to COVID regulations:

Class sizes are limited . Get your pass from the front desk up to 30 minutes prior to class start time. One pass per person, per day.

Class durations have changed to allow adequate time for cleaning.

For the safety of our instructors and their families, masks are required for some classes. We ask that you respect the instructors' privacy and not ask them “why” masks are required. Look for this symbol



on the schedule.

CLASS DESCRIPTION

PIL-BOXING: 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!

MUSCLE MIX-UP: This class will keep you're muscles guessing! BOSU, Weights, TRX, Cycle, Kettlebell, HIIT and Barre are formats that will be used in this ultimate mix-up class!

BARRE XTRA: Barre sprinkled with fun! Maybe it will be cycling one week, yoga the next! Your heart will be pumping and your muscles lengthening, strengthening, and moving.

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 Music and dance creates a dynamic workout that is FUN and EASY to do. Try **Zumba Toning** for extra emphasis on toning and sculpting the muscles!

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

POUND: POUND. ROCKOUT. WORKOUT. Channel your inner performer and rock your body with this modern-day fusion of movement and music. Using lightly weighted drumsticks engineered specifically for exercising POUND transforms drumming into an incredibly effective way of working out.

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

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.

TAI CHI: Tai Chi is an ancient Chinese discipline of meditative movements practiced as a system of exercises.

POWER YOGA: This style of yoga includes linking breath and movement. It is a dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance

STEP & SCUPLT: A tried and true class, designed to not only improve your cardiovascular endurance, but tone and strengthen muscles along the way.

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.

THE RAC
530 N. Freedom Street
Ravenna, Ohio 44266
330-298-1201

Sun 8am-1pm
Mon-Thurs 5am-8pm
Fri 5am-7pm
Sat 7am-2pm

GROUP FITNESS

- ✦ All Group Fitness Classes are included in your membership or drop-in fee.
- ✦ Classes and/ or instructors are subject to change.
- ✦ 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.

