



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

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.

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 off-site in the spring and summer months

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!* **CYCLE CHALLENGE!:** *Challenge yourself with this high intensity cardio burn! No two challenges are the same, some may even include virtual rides!*

EQUIPMENT 101 Not sure how to use the fitness floor equipment? Sign-up at the front desk to ensure your spot, as space is limited.

FLEX AND STRETCH 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.

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

MUSCLE MIX-UP: 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

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

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!

POUND: POUND.ROCKOUT . WORKOUT. Channel you inner performer and rock your body with this modern-day movement and music. Using drum sticks you'll transforming drumming into a fun and creative effective way of working out!

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.

STEP & SCUPLT: This energizing step workout makes you feel liberated and alive. Using a height-adjustable step you'll move on, over and around the step,. You get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear!

TABATA: is a high intensity interval workout training that consists of eight sets of fast paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds

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

TOTAL BODY WORKOUT: Just as the name implies, you will tone and tighten every major muscle group for a total body workout.

TRX: Class will include basic foundation TRX exercises, along with a comprehensive breakdown of TRX anatomy and length adjustments. Experienced TRX-users are welcome!

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.

