



ABOUT

The Ravenna Athletic Center (RAC) is a 7,500 square foot state-of-the-art fitness facility. The RAC is equipped with some of the world's finest fitness machines including Nautilus, Schwinn, Cybex, Stairmaster, and Woodway. Along with our indoor track and free weights, we house our newly remodeled cycling studio, group fitness room, and Barre studio. For your convenience we have a locker room with showers and a meeting room.

The RAC offers perks such as free coffee Monday through Friday from 5 a.m. to 1 p.m., book exchange, and member parties.

We offer over 30 group fitness classes a week that accommodate all fitness levels. Classes that are INCLUDED with your membership are Yoga, Barre, Piloxing®, Cardio Mix, Indoor cycling, Zumba®, Total Body Conditioning, Stretch & Flex, Core Conditioning, HIIT, Express Classes, Latin & Line Dancing, Kids Classes, and Silver Sneakers®.

Check our latest schedule to find the perfect class for you!

www.ravennaparksandrec.com



PERSONAL TRAINING

Personal training provides you with one-on-one fitness sessions tailored to your individual needs and goals. These sessions are directed by a Nationally Certified Personal Training to insure your safety.

Your trainer will meet with you to review and assess your current health status, discuss your fitness needs and answer any questions you may have. Your customized exercise program will be created and will evolve as you work towards your goals to help you achieve success.

Our trainers strive to create a positive experience in a safe environment for all clientele. Our team will guide and motivate you utilizing their skills, education, and experience.

Training is available in 30 or 60 minute sessions. We also offer Team and Partner Training. Please visit our website or see our front desk staff for information about pricing, packages and our trainers.

Personal Training is not included with your general RAC membership.



DIETITIAN SERVICES

Our registered dietitian is a licensed and certified professional & educator (RD), recognized by nationally accredited organizations. She strives to create a positive experience in a safe environment for all clientele. Using her education, experience and skills, she will provide you with the necessary tools to help prevent and manage diabetes, cardiovascular disease, weight control and other health conditions. Her philosophy is to provide reliable information that is relevant and useful, to help the participant set action goals to achieve improved health.



RATES

EFFECTIVE JULY 15, 2018

DROP IN

| Age | CTP | NCTP |
|-----------------|-----|------|
| 60+ & Corporate | \$5 | \$5 |
| 11-59 | \$6 | \$6 |

30-DAY MEMBERSHIP

| | | |
|-----------------|------|------|
| 60+ & Corporate | \$30 | \$30 |
| 11-59 | \$35 | \$40 |

ANNUAL MEMBERSHIP

Monthly Withdraw

| | | |
|----------------------|---------|---------|
| 60+ & Corporate | \$25 | \$25 |
| 11-59 | \$30 | \$35 |
| Add'l family members | \$20/ea | \$20/ea |

ANNUAL MEMBERSHIP

Paid in Full

| | | |
|----------------------|----------|----------|
| 60+ & Corporate | \$275 | \$275 |
| 11-59 | \$330 | \$330 |
| Add'l family members | \$220/ea | \$220/ea |

As always, Silver Sneakers Prime and Optum Advantage members are free

Contact us to learn more about Corporate Membership!

STAFF

Our Staff consists of highly trained and qualified individuals who are eager to assist you as you become acclimated to the RAC. They can help you decide where to begin or suggest a class or two that would be appropriate for your needs.

Our Members are our heartbeat! You will not find a more inclusive, encouraging, and helpful group of people anywhere! They care about one another and the community as a whole. We could never say enough about them.

Our Group Fitness Instructors maintain a Nationally Accredited Certification in their area of discipline and are required to take continuing education courses. Their skill set allows for them to demonstrate modifications for exercises performed throughout their classes.

Our Personal Trainers also hold and maintain Nationally Accredited Personal Training Certification.

RAVENNA ATHLETIC CENTER

Your Community Connection to
HEALTH FITNESS FUN



HOURS

Sunday 8 am—1 pm

Monday-Thursday 5 am—8pm

Friday 5am—7 pm

Saturday 7 am—2 pm

530 N. Freedom Street

Ravenna, OH 44266

330-298-1201