

## MONDAY

TIME	CLASS	LOCATION
9:00 AM	<b>PilBoxing</b> - Judy 45 minutes	Studio
11:15 AM	<b>Silver Sneakers Classic</b> - Charlotte 45 minutes	Studio
4:30 PM	<b>Step &amp; Sculpt</b> - Judy 40 minutes <b>*LIMIT of 10</b>	Studio

**POP UP**  
**MONDAY JAN 11TH**  
**10AM - 10:30**  
**PURE FLEXIBILITY**

## TUESDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Tai Chi</b> - John 45 minutes	Studio
10:00 AM	<b>Latin Line</b> - Charlotte 45 minutes	Studio
11:15 AM	<b>Silver Sneakers Circuit</b> - Charlotte 45 minutes	Studio
4:30 PM	<b>Tabata</b> - Glynis 40 minutes	Studio

# January Schedule

## Jan 2 — Jan 31

### WEDNESDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Silver Sneakers Classic</b> - Karen 45 minutes	Studio
10:00 AM	<b>Step &amp; Sculpt</b> - Judy 40 minutes <b>*LIMIT of 10</b> <b>(no class 1/20)</b>	Studio
4:30 PM	<b>Zumba</b> - Janel 40 minutes	Studio
5:15 PM	<b>Pound</b> - Janel 40 minutes <b>*LIMIT of 10</b>	Studio

### THURSDAY

TIME	CLASS	LOCATION
9:00 AM	<b>Silver Sneakers Chair Yoga</b> - Karen 45 minutes	Studio
10:00 AM	<b>Hi-Lo Here We Go!</b> 45 minutes Charlotte	Studio
5:00 PM	<b>HIIT Around</b> - Jenna 45 minutes <b>*LIMIT of 10</b>	Studio

**POP UP**  
**THURSDAY JAN 7TH**  
**4:00PM - PURE FLEXIBILITY**

## FRIDAY

TIME	CLASS	LOCATION
9:00 AM	<b>TBW</b> - JoAnn 45 minutes	Studio
10:15 AM	<b>Silver Sneakers Circuit</b> - Charlotte 45 minutes	Studio
11:15 AM	<b>Tai Chi</b> - John 45 minutes	Studio

## NEW

### CLASS SIGN IN PROCEDURE

Classes are limited to 16 participants maximum unless otherwise noted. A sign in sheet will be available at the front desk 30 minutes prior to class start time.

## SATURDAY

TIME	CLASS	LOCATION
9:00 AM	<b>TBW</b> - JoAnn 45 minutes	Studio
10:00 AM	<b>TRX</b> - Beth 30 minutes	TRX Studio
10:40 AM	<b>TRX</b> - Beth 30 minutes	TRX Studio

# CLASS DESCRIPTION

**PILBOXING:** 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!*

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

**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.

**HIIT Around:** HIGH INTENSITY INTERVAL TRAINING at it's all AROUND best. Get the high intensity work out you've been craving without ever hitting that dreaded plateau by HIITing Around. Multiple studios using various pieces of equipment to keep things fun.

**HI - LO HERE WE GO:** 45 Minutes of HI Cardio & LO impact will make both your heart and joints happy :) Easy to follow choreography makes for easy transitions, perfect for all fitness levels.

**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.

**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!

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

**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.

## 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.
- ✘ Masks are required to be worn when entering and exiting the studio. Masks may only be taken off when actively engaged in exercise.