

## GROUP FITNESS SCHEDULE

**CLASS CANCELLATIONS: Stacey's Classes (11/5) and Liz's Classes (11/29)**

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday                                   |
|---|--|---|---|--|--|--|
| 9:00 AM<br>Strength, Cardio<br>Core<br>Sarah<br>Yellow Room | 8:30 AM<br>**Beginner TRX<br>Toni<br>Turf                                | 6:00 AM<br>Cycling<br>Jeff<br>Upstairs                                  | 11:00 AM<br>Senior Strength<br>& Elite<br>Stacey<br>Gym | 8:30 AM<br>**Intermediate TRX<br>Toni<br>Turf                            | 6:00 AM<br>Cycling<br>Jeff<br>Upstairs   | 10:00 AM<br>Zumba<br>Marina<br>Yellow Room |
|   | 11:00 AM<br>Senior Classic<br><i>*Must Pre-register</i><br>Stacey<br>Gym | 9:30 AM<br>**Intermediate TRX<br>Toni<br>Turf                           | 5:30 PM<br>Total Body Tone<br>Sarah<br>Yellow Room      | 11:00 AM<br>Senior Classic<br><i>*Must Pre-register</i><br>Stacey<br>Gym | 9:30 AM<br>**TRX Blast<br>Stacey<br>Turf   |  |
|   |  | 11:00 AM<br>**Senior TRX<br><i>*Must Pre-register</i><br>Stacey<br>Turf | 7:00 PM<br>Wellness Yoga<br>Liz<br>Yellow Room          | 1:00 PM<br>Chair Yoga<br>Liz<br>Yellow Room                              | 12:00 PM<br>Chair Yoga<br>Liz<br>Yellow Room   |  |
|   |  | 12:00 PM<br>Chair Yoga<br>Liz<br>Yellow Room                            |   | 5:30 PM<br>CLOSED<br>Yellow Room   | <p><b>FACILITY CLOSURES</b><br/>Thanksgiving Day<br/>Thursday, November 28, 2024<br/><i>*24/7 Access Available to<br/>Members 18 years and older</i></p> <p><i>*Registration opens for Senior Classic and<br/>Senior TRX on the 15th of the month.<br/>Register online at <a href="http://rac.activityreg.com">rac.activityreg.com</a></i></p> <p><b>Important Note</b> Classes With (**):<br/>Must have a TRX Demo Class, before taking the class</p> |  |
|   |  | 5:30 PM<br>CLOSED<br>Yellow Room  |   | 6:00 PM<br>Cycling<br>John<br>Upstairs                                   |  |  |
|   |  | 6:00 PM<br>Cycling<br>John<br>Upstairs                                  |   |  |  |  |
|   |  | 7:00 PM<br>Zumba<br>Marina<br>Yellow Room                               |   |  |  |  |
|   |  |   |   |  | <p><b>TRX DEMO CLASS:</b><br/>Thursday, November 14, 2024 at 12:00 PM<br/><i>*Please Register at the Front Desk.<br/>Spots are limited</i></p>   |  |



# CLASS DESCRIPTIONS AND INTENSITY LEVELS



**LOW**

**MEDIUM**

**HIGH**

|                              |   |
|------------------------------|---|
| <b>Senior Classic</b>        | Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living. <i>*PRE-REGISTRATION REQUIRED AND OPENS THE 15TH OF THE MONTH AT OPENING AT THE FRONT DESK OR ONLINE.*</i>  |
| <b>Chair Yoga</b>            | Yoga movements are performed with a chair for stability in this 1-hour class. Poses and flows promote balance, strength, and flexibility while breath and relaxation practices bust stress.   |
| <b>Wellness Yoga</b>         | Yoga poses practiced standing and seated on choice chair or mat to enhance flexibility, strength, balance, and mindfulness. This hybrid approach allows all levels to participate, with the support of a chair as helpful. Class concludes with breathwork and guided relaxation. 1 hour class.   |
| <b>Beginner TRX</b>          | <i>(**Must have a TRX demo class, before taking this class!**) We'll focus on proper alignment in basic exercises. Combining core strengthening, balance, and proper breathing using stability and vector principles. Great class if you have difficulty getting up and down from the floor.</i>  |
| <b>Senior TRX</b>            | <i>(**Must have a TRX demo class, before taking this class!**) This 45-minute TRX Suspension Training Class is designed for seniors. This class is a full body workout that will build lean muscle, increase cardio endurance, improve balance and flexibility. Come have fun and be challenged. All exercises can be modified for accessibility. *PRE-REGISTRATION REQUIRED AND OPENS THE 15TH OF THE MONTH AT OPENING AT THE FRONT DESK OR ONLINE.*</i> |
| <b>Intermediate TRX</b>      | <i>(**Must have a TRX demo class, before taking this class!**) Focuses on proper alignment in basic exercises with increased challenges, in strength and endurance. Combining core strengthening, balance, and proper breathing using stability and vector principles. Adding simple props such as hand weights, body disc, Thera-band. WITH a floor/mat routine.</i>   |
| <b>TRX Blast</b>             | <i>(**Must have a TRX demo class, before taking this class!**) Come have FUN and be CHALLENGED during this 45-minute TRX suspension training class. Full body workout that will build lean, burn fat, increase cardio endurance, and improve flexibility. All exercises can be modified for you to get the results you want!</i>  |
| <b>Zumba</b>                 | Latin inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. It is low-intensity and high-intensity moves for an interval style, calorie - burning fitness party!  |
| <b>Total Body Tone</b>       | This class focuses on both large and small muscle groups. Individuals will use body weight resistance bands and dumbbells to reach those hard to work places. This class will include balance work for stabilizing muscles and isolated corework to improve abdominal strength.   |
| <b>Senior Strength Elite</b> | This class will focus on cardio endurance, toning muscle, and building overall strength. This is a bit more challenging than Senior Classic and will not use a chair, but mats and other equipment will be used.  |
| <b>Cycling</b>               | Focusing on cardiovascular endurance, using interval training and drills. This high energy class provides a fast and fun way to sweat! Optional light weights segment will also tone and define arms, and shoulders.  |
| <b>Strength Cardio Core</b>  | Have fun with this fun-filled, action-packed workout! This workout combines great low-impact cardio, challenging strength moves, and intense core workout. This is an interval format, changing the focus after each exercise. This class is for all ages and fitness levels!   |

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