

RAC

REMINDERVILLE

ATHLETIC CLUB

Facility Guide



3100 Glenwood Blvd, Reminderville, Ohio 44087

(234) 212-9773

remindervillerac.com





MEMBERSHIP POLICIES

- All patrons utilizing the facility must have a valid membership or must be registered for a scheduled program or rental.
- Memberships are Non-Refundable, Non-Cancellable and Non-Transferable.
- Memberships may only be purchased or renewed by an adult 18 years of age or older.
- All Members must have a current picture on file.
- All Members must swipe in at point of entry, including those under the age of 18.
- If you allow in a Non-Member, your membership will be revoked without refund.
- A recurring membership is a benefit to our members to purchase an annual membership and pay for that membership over the course of one year in 12 equal installments (with a convenience fee). The recurring membership is a one year contract and the membership is non-refundable, non-cancellable, and non-transferrable.
- An Annual membership is a one year membership and a Monthly Membership is a one month membership both with fees charged at time of application or renewal.
- Personal headphones only. No speakers or personal radios.
- No animals permitted in the building except those designated as a service animal. Documentation of this service may be requested by our staff for verification.
- No solicitation permitted on premises.
- No outside personal trainers are permitted to train at the RAC.

FITNESS AREA RULES

- Members only allowed in fitness area.
- Must be 14 or older to use any fitness equipment. Members ages 11-13 may use the 24/7 room WITH supervision from an Adult Member after completing the Teen Weight Room Orientation. Members ages 10 and younger may not use the fitness area.
- No open toe or hard sole shoes on equipment. Wear appropriate shoes only.
- Wipe equipment after each use with the provided disinfectant wipes.
- Use equipment at your own risk & AS INTENDED.
- If people are waiting to use equipment, please limit your me to 30 minutes for each piece of cardio equipment.
- All bars should be stripped after use. All weight plates & dumbbells should be re-racked in the appropriate place.
- No food permitted in the fitness area.
- Appropriate attire is required at all times.
- During wet weather, please bring an additional pair of dry clean shoes.
- Proper conduct and general behavior are expected at all times.
- Please dispose of all trash.
- The RAC is not responsible for any lost or stolen items.
- For emergencies, please call 911.
- Surveillance cameras are in use for your safety at all times.
- **Throwing any fitness equipment or objects against the wall are prohibited.**
- **LOCKERS ARE LOCATED IN THE MAIN RESTROOMS. BRING YOUR OWN LOCK TO SECURE YOUR ITEMS. ALL LOCKS MUST BE REMOVED DAILY.**

AGE POLICIES

- **Adults 18 and Older**
 - Full Access to the entire facility including the 24/7 Area after hours.
- **14-17 Year Olds**
 - Full access to the entire facility during normal operating hours.
 - **MAY NOT** use the 24/7 Area after hours.
- **11-13 Year Olds**
 - May use the basketball courts, running track and pool **WITH** supervision from an **Adult Member 18 years and older**. An adult must be in the same area/floor.
 - May use the 24/7 room, turf area and cycling bikes upstairs **WITH** supervision from an Adult Member after completing the Teen Weight Room Orientation.
 - **MAY NOT** use the 24/7 room area after hours.
- **10 Years of Age and Younger**
 - May use the basketball courts, running track, and pool **WITH** supervision from an **Adult Member 18 years and older**. The Adult Member must be in the same area/floor.
 - **MAY NOT** use the 24/7 Room, turf area, and cycling bikes upstairs.
 - **MAY NOT** use the 24/7 area after hours.
- **Program Participants**
 - Any aged program participant may remain in the building without an adult if they are actively engaging in an organized activity being overseen by a trainer, coach or RAC Employee. Once the activity has ended, anyone 13 years of age or younger must be accompanied by an adult in the building.
 - ***Non-Members must leave the building immediately following the conclusion of their activity regardless of age.***
- **Tot Express**
 - Available for toilet trained children ages 2-12 that are on their parent or guardian's family membership. Parents must be members and must remain in the building.
 - **Tot Express is Available:** Monday-Friday, 9:00 AM - 11:00 AM, Monday and Wednesday's 6:00 PM - 8:00 PM. Tuesday and Thursdays 6:00 PM - 7:00 PM.
 - **No Tot Express on the following holidays: Memorial Day, July 4th, Labor Day, Halloween, Day After Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve & New Year's Day.**

24/7 ROOM POLICIES

- You must be a member 18 years and older to use the 24/7 area after hours.
- You must be a member at the RAC to access the 24/7 area.
- **If you are a member and bring in a Non-Member, your membership will be revoked without refund.**

GYM COURT RULES

- Must be 14 years or older to enter the gym. Under the age of 14 must be accompanied by an **Adult Member 18 and older at all times.**
- You must wear proper gym shoes. No street shoes permitted.
- NO FOOD OR DRINKS other than water PERMITTED.
- RETURN ALL EQUIPMENT WHEN FINISHED to the proper location.
- Please be advised that playing music out loud on speakers or any device are prohibited in the entire facility. Please use headphones or earbuds as a courtesy to other members around.
- Scheduled classes have priority.
- The RAC is not responsible for lost or stolen personal items.
- Chewing gum is prohibited.
- Please be courteous to others using the gym.
- Full court basketball games are prohibited.
- Improper behavior will not be tolerated and may lead to losing your membership without refund.
- Facility Rentals: Additional Chairs/Tables/Equipment will not be provided for rentals/patrons, unless it is stated in the rental agreement or approved by the management team.
- **Throwing any fitness equipment or objects against the wall are prohibited.**

Tot Express

Enjoy a good workout while the kiddos have fun!

- Parents must have an active family membership remain in the building.
- Tot express is free if you have a Family Membership, ages **2-12 and toilet trained.**
- **Child care is available: Monday-Friday, 9:00am-11:00am, Monday and Wednesdays 6:00 -8:00 p.m., Tuesday and Thursdays 6:00- 7:00 p.m.**
- **No Tot Express on the following holidays: Memorial Day, July 4th, Labor Day, Halloween, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.**

TRACK RULES

- **Children under 14 must be accompanied by an Adult Member 18 and over at all times.**
- Spectating activities from track area is prohibited.
- Strollers are not permitted on the track.
- Track is designed for fitness use only. No speed work or sprinting allowed.
- Walk/run in the right lanes; pass on the left.
- 12 laps= 1 mile.

POOL RULES

- 14 years and older can use the pool without adult member supervision.
- 13 years and younger can use the pool **WITH** supervision from an **Adult Member 18 years and older.**
- Proper swim attire only permitted in the pool. Swim diapers are required.
- Gym shorts, cutoff jeans, cloth and disposable diapers are not permitted.
- Swimmers must shower before entering the pool area or splash pad.
- Make sure to dry off before entering the lobby area.
- Street shoes are not permitted in the pool area or splash pad.
- Eating, drinking and chewing gum is not permitted in the pool or splash pad area.
- No glass is permitted in the pool/splash pad area.
- Horseplay and running are not permitted in the pool or splash pad area.
- Parents are encouraged to observe swim lessons from the viewing area.
- Diving, flips and backflips are not permitted in the pool area.
- All individuals are to observe instructions from the lifeguard on duty, whom are there to aid in your safety.
- Current Channels must be used for lap swimming only. Remotes must be signed out.

Inclement Weather Policy

In the event of severe or inclement weather and/or if the Twinsburg City School District or the Aurora City School District closes for severe/inclement weather, all Reminderville Athletic Club scheduled classes, programs, and administrative and operational meetings will be canceled to ensure the safety of our members, guests, and staff. This information will be communicated via the RAC website, text alert system, and social media outlets. The facility will remain open during regular operating hours unless otherwise stated as the Reminderville Athletic Club is a designated warming center for the residents of the City of Reminderville. The 24/7 Access will remain available to members 18 years and older. Members are encouraged to use their best judgement when deciding to visit. Please use extreme caution if you must be outdoors.

Athletic Club Hours

**Monday - Friday: 5:30 a.m. - 8:30 p.m.
Saturday & Sunday: 8 a.m. - 7:00 p.m.**

Pool Hours

**Monday - Friday: 5:30 a.m. - 8:00 p.m.
Saturday & Sunday: 8:00 a.m. - 6:30 p.m.**

LOW

SENIOR CLASSIC

Monday/Thursday 11:00 AM

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. ***PRE-REGISTRATION REQUIRED AND OPENS THE 15TH OF THE MONTH AT OPENING AT THE FRONT DESK OR ONLINE.***

BEGINNER TRX

Monday 8:30 AM

(*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.

CHAIR YOGA

Tuesday/Friday 12:00 PM / Thursday 1:00 PM

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.

SENIOR TRX

Tuesday 11:00 AM

(*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 ON-LINE.***

Circl' Mobility

Tuesday 9:45 AM / Tuesday 6:20 PM / Thursday 9:00 AM / Saturday 11:00 AM (30 min Class)

Circl' Mobility is a fitness class that focuses on improving overall mobility and flexibility. Exercises are designed to mimic everyday motions and improve ability to perform daily activities with ease. Breathing techniques are incorporated to enhance relaxation and body awareness. It helps to reduce tension and stiffness. It is set to custom produced music that not only sets a relaxing tone but incorporates special beats proven to improve focus and reduce stress. This class is suitable for people of all fitness levels, with available modifications.

WELLNESS YOGA

Wednesday 7:00 PM

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 breath-work and guided relaxation. 1 hour class.

Balance, Bar and Core

Monday 5:00 PM

Low impact class with exercises focused on core strength, balance and toning exercises on the bar.

MEDIUM

INTERMEDIATE TRX

Tuesday 9:30 AM / Thursday 8:30 AM

(*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.

BARRE/ CARDIO BARRE

Saturday 8:15 AM

Using a ballet barre, light weights, bands and a Pilates ball, this class incorporates isometric strength training and targets all muscle groups. Includes some cardio movements with non-jumping options to lift the heart.

BARBELL BEATS

Sunday 4:45 PM

Music driven, full-body workout using a barbell, bench, and dumbbells. Perfect for building muscular strength and endurance and sculpts lean, defined muscles. Routines are music inspired and incorporate different tempos to the beat throughout the class.

On the Rebound

Sunday 4:00 PM

A mini trampoline class (also known as rebounding) is a fun, low-impact workout that takes place on a small, individual trampoline. These classes combine cardiovascular exercise, balance exercises and more to give participants a full-body workout while minimizing the stress on the joints. This class is lots of fun, music driven, core focused and strength training with light dumbbells is also included!

TRX BLAST

Friday 9:30 AM

(*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!

ZUMBA

Tuesday 7:00 PM / Thursday 9:40 AM / Saturday 10:00 AM

Latin inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. It is low-in-tensity and high-intensity moves for an interval style, calorie - burning fitness party!

POUND

Saturday 9:15 AM

POUND is a full-body workout that combines cardio, conditioning, and core work with simulated drumming using Ripstix to strike the beat of the music, which releases tension and mixes sound and movement. Designed for all fitness levels, ages, and abilities, you'll strengthen and sculpt muscles, improve range of motion and flexibility, and burn calories.

Kettlebell Kickboxing

Wednesday 6:00 PM

Kettlebell Kickboxing is a high-energy group fitness class that blends kickboxing, boxing and mixed martial arts movements with music to create a fully-body, non-contact workout suitable for all fitness levels. It emphasizes fun and empowerment through cardiovascular conditioning, powerful combos, and choreographed routines set to motivating music. The kettlebell adds an element of strength training and movements through music! Medium to high intensity.

Strength and Stretch

Thursday 5:00 PM

30-40 minutes of focused strength by muscle groups followed by an extensive stretching session.

HIGH

SENIOR STRENGTH ELITE

Wednesday 11:00 AM

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.

STRENGTH CARDIO CORE

Sunday 9:00 AM

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!

CYCLING

Tuesday 6:00 PM / Wednesday 6:00 AM / Thursday 6:00 PM / Friday 6:00 AM

Cycle is a fun Spin class that uses music and tempo along with resistance or a flat road, to encourage riders and help improve cardiovascular endurance, muscular strength, joint stability, and mental wellness. Riders are in control of their resistance knob and this class is suitable for all fitness levels!