

GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Strength, Cardio Core Sarah Yellow Room (Max #18 Participants)	8:30 AM **Beginner TRX Toni Turf (Max #9 Participants)	9:30 AM **Intermediate TRX Toni Turf (Max #9 Participants)	6:00 AM Cycling Jeff Upstairs (Max #15 Participants)	8:30 AM **Intermediate TRX Toni Turf (Max #9 Participants)	6:00 AM Cycling Jeff Upstairs (Max #15 Participants)	8:15 AM Barre Allison Yellow Room (Max #18 Participants)
4:00 PM On the Rebound Express (30 Min) Allison Yellow Room (Max #10 Participants)	11:00 AM Senior Classic *Must Pre-register Stacey Gym (Max #40 Participants)	9:45 AM (30 min) Circl' Mobility Marina Yellow Room (Max #10 Participants)	11:00 AM Senior Strength & Elite Stacey Gym (Max #30 Participants)	11:00 AM Senior Classic *Must Pre-register Stacey Gym (Max #40 Participants)	9:30 AM **TRX Blast Stacey Turf (Max #9 Participants)	9:15 AM POUND Express (30 min) Allison Yellow Room (Max #18 Participants)
4:45 PM Barbell Beats Allison Yellow Room (Max #20 Participants)	5:00 PM Balance, Bar and Core Sarah Yellow Room (Max #18 Participants)	11:00 AM *Senior TRX *Must Pre-register Stacey Turf (Max #9 Participants)	6:00 PM Cardio Pilates Allison Yellow Room (Max #20 Participants)	1:00 PM Chair Yoga Liz Yellow Room (Max #20 Participants)	12:00 PM Chair Yoga Liz Yellow Room (Max #20 Participants)	10:00 AM Zumba Marina Yellow Room (Max #17 Participants)
		12:00 PM Chair Yoga Liz Yellow Room (Max #20 Participants)	7:00 PM Wellness Yoga Liz Yellow Room (Max #12 Participants)	5:00 PM Strength + Stretch Sarah Yellow Room (Max #18 Participants)		11:00 AM (30 min) Circl' Mobility Marina Yellow Room (Max #10 Participants)
		6:00 PM Cycling John Upstairs (Max #15 Participants)		6:00 PM Cycling John Upstairs (Max #15 Participants)	FACILITY CLOSURE CLOSED SUNDAY, APRIL 5, 2026 FOR EASTER HOLIDAY <i>*24/7 ACCESS AVAILABLE TO MEMBERS 18 YEARS AND OLDER</i>	
		6:15 PM (30 min) Circl' Mobility Marina Yellow Room (Max #10 Participants)		6:15 PM (30 min) Circl' Mobility Marina Yellow Room (Max #10 Participants)	Class Cancellations ~Sarah's Classes Canceled (ALL): (4/2), and (4/13) ~Stacey's Classes Canceled (ALL): (4/3) ~Allison's Classes Canceled (ALL): (4/11), (4/12), (4/19), (4/22), and (4/25) ~Liz's Classes Canceled (ALL): (4/14) ~Toni's Classes Canceled (ALL): (4/14), (4/16), (4/20), (4/27), (4/28) and (4/30)	
		7:00 PM Zumba Marina Yellow Room (Max #17 Participants)		7:00 PM Zumba Marina Yellow Room (Max #17 Participants)		

JOIN OUR TEXT LIST FOR FACILITY UPDATES, CLASS UPDATES AND CANCELLATIONS!
TEXT RAC TO (330)-222-6834 !

TRX DEMO CLASS:
 Thursday, April 9, 2026 at 12:00 PM
 Wednesday, April 22, 2026 at 6:00 PM
**Registration available at the front desk*
Important Note Classes With () Must have a TRX Demo Class, before taking the class**

**Registration opens for Senior Classic and Senior TRX, on the 15th of the month.*
 Register online at rac.activityreg.com!

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 6:15 PM / Thursday 6:15 PM / 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 7:00 PM / 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.

Cardio Pilates

Wednesday 6:00 PM

Cardio Pilates is a high-energy, low-impact class that merges traditional Pilates core-strengthening exercises with fast-paced cardiovascular movements. Light dumbbells, bands and Pilates balls will be used. This class is suitable for all levels.

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!