

# GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 AM</b> <b>Strength, Cardio Core</b> Sarah Yellow Room (Max #18 Participants)	<b>8:30 AM</b> <b>**Beginner TRX</b> Toni Turf (Max #9 Participants)	<b>9:30 AM</b> <b>**Intermediate TRX</b> Toni Turf (Max #9 Participants) <i>**TRX HIIT Offered (6/2, 6/16 &amp; 6/30)</i>	<b>6:00 AM</b> Cycling Jeff Upstairs (Max #15 Participants)	<b>8:30 AM</b> <b>**Intermediate TRX</b> Toni Turf (Max #9 Participants) <i>**TRX HIIT Offered (6/11 &amp; 6/25)</i>	<b>6:00 AM</b> Cycling Jeff Upstairs (Max #15 Participants)	<b>8:15 AM</b> Barre Allison Yellow Room (Max #18 Participants)
<b>4:00 PM</b> <b>On the Rebound Express (30 Min)</b> Allison Yellow Room (Max #10 Participants)	<b>11:00 AM</b> <b>Senior Classic</b> <i>*Must Pre-register</i> Stacey Gym (Max #40 Participants)	<b>9:45 AM (30 min)</b> <b>Circl' Mobility</b> Marina Yellow Room (Max #10 Participants)	<b>11:00 AM</b> <b>Senior Strength &amp; Elite</b> Stacey Gym (Max #30 Participants)	<b>11:00 AM</b> <b>Senior Classic</b> <i>*Must Pre-register</i> Stacey Gym (Max #40 Participants)	<b>9:30 AM</b> <b>**TRX Blast</b> Stacey Turf (Max #9 Participants)	<b>9:15 AM</b> <b>On the Rebound Express (30 Min)</b> Allison Yellow Room (Max #10 Participants)
<b>4:45 PM</b> <b>Barbell Beats</b> Allison Yellow Room (Max #20 Participants)	<b>5:00 PM</b> <b>Functional Fitness</b> Sarah Yellow Room (Max #18 Participants)	<b>12:00 PM</b> Chair Yoga Liz Yellow Room (Max #20 Participants)	<b>6:00 PM</b> Cardio Pilates Allison Yellow Room (Max #20 Participants)	<b>1:00 PM</b> Chair Yoga Liz Yellow Room (Max #20 Participants)	<b>12:00 PM</b> Chair Yoga Liz Yellow Room (Max #20 Participants)	<b>10:00 AM</b> Zumba Marina Yellow Room (Max #17 Participants)
	<b>6:30 PM</b> <b>Boot Camp</b> Katelyn Yellow Room (Max #18 Participants)	<b>6:00 PM</b> Cycling John Upstairs (Max #15 Participants)	<b>7:00 PM</b> Wellness Yoga Liz Yellow Room (Max #12 Participants)	<b>5:00 PM</b> <b>Strength + Stretch</b> Sarah Yellow Room (Max #18 Participants)		<b>11:00 AM (30 min)</b> <b>Circl' Mobility</b> Marina Yellow Room (Max #10 Participants)
		<b>6:15 PM (30 min)</b> <b>Circl' Mobility</b> Marina Yellow Room (Max #10 Participants)		<b>6:00 PM</b> Cycling John Upstairs (Max #15 Participants)		
		<b>7:00 PM</b> Zumba Marina Yellow Room (Max #17 Participants)		<b>6:15 PM (30 min)</b> <b>Circl' Mobility</b> Marina Yellow Room (Max #10 Participants)	<b>Class Cancellations</b> ~Allison's Classes Canceled (ALL): (6/6), (6/7), (6/14), (6/17), (6/20) and (6/21) ~Stacey's Classes Canceled (ALL): (6/11), (6/12), and (6/24) ~Marina's Classes Canceled (ALL): (6/23), (6/25), and (6/27)	
<b>TOT EXPRESS CARE</b> <b>SUMMER SCHEDULE JUNE-JULY 2026</b> MONDAY- FRIDAY - 9am-11am (Held in Gym Court Area ONLY) MONDAY-WEDNESDAY - 6pm-8pm (Held in Kids Club Room) THURSDAY - 6pm-7pm (Held in Kids Club Room)				<b>7:00 PM</b> Zumba Marina Yellow Room (Max #17 Participants)		
<b>JOIN OUR TEXT LIST FOR FACILITY UPDATES, CLASS UPDATES AND CANCELLATIONS!</b> <b>TEXT RAC TO (330)-222-6834 !</b>			<b>TRX DEMO CLASS:</b> Wednesday, June 10, 2026 at 6:00 PM Thursday, June 18, 2026 at 10:30 AM <i>*Registration available at the front desk</i> <b>Important Note Classes With (**) Must have a TRX Demo Class, before taking the class</b>		<i>*Registration opens for Senior Classic and Senior TRX, on the 15th of the month.</i> Register online at <a href="http://rac.activityreg.com/">rac.activityreg.com/</a> !	

## 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 ONLINE.\***

### FUNCTIONAL FITNESS

Monday 5:00 PM

Complete body workout focused on small muscle toning, strength and balance using a variety of equipment. Low impact class with intervals into fat-burning heart rates. Great class for all fitness levels!

### 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.

### 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.

## 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

Saturday 9:15 AM and 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!

### Strength and Stretch

Thursday 5:00 PM

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

### Boot Camp

Monday 6:30 PM

The Bootcamp class focuses on strength and stamina. Pairing dumbbell exercises with explosive, high-intensity intervals to fire up your metabolism and sculpt lean muscle. It's a fast-paced, sweat-drenched environment where the music is loud and the energy is even higher. Come prepared to push your limits, find your new personal best, and leave everything on the floor!

### 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!

### 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.

## 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!