REMINDERVILLE COMMUNITY CENTER

GROUP FITNESS SCHEDULE

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM Strength Cardio Core Sarah - Yellow Room (Max #18)	8:30 AM **Beginner TRX Toni- Turf Area (Max #9) CANCELLED FOR NOV	6:00 AM Cycling Jeff- Upstairs (Max #15)	11:00 AM Senior Strength & Elite Stacey -Gym (Max #30)	6:00 AM Cycling Jeff- Upstairs (Max #15)	8:30 AM Cardio Pilates Allison- Yellow Room (Max #20)	8:15 AM Barre Allison- Yellow Room (Max #18)
4:00 PM On the Rebound Express (30min) Allison - Yellow Room (Max #10)	8:30 AM Cardio Pilates Allison- Yellow Room (Max #20)	9:30 AM **Intermediate TRX Toni- Turf Area (Max #9) CANCELLED FOR NOV	5:15 PM Kettlebell Allison- Yellow Room (Max #20)	8:30 AM **Intermediate TRX Toni- Turf Area (Max #9) CANCELLED FOR NOV	9:30 AM On the Rebound Express (30min) Allison - Yellow Room (Max #10)	9:15 AM On the Rebound Express (30min) Allison - Yellow Room (Max #10)
4:45 PM Barbell Beats Allison- Yellow Room (Max #20)	9:30 AM On the Rebound Express (30min) Allison - Yellow Room (Max #10)	9:45 AM Circl' Mobility Marina -Yellow Room (Max #10)	6:00 PM Cardio Pilates Allison- Yellow Room (Max #20)	11:00 AM Senior Classic Stacey -Gym (Max #40)	9:30 AM **TRX Blast Stacey - Turf Area (Max #9)	10:00 AM Zumba Marina- Yellow Room (Max #17)
5:45 PM Core & Restore Allison - Yellow Room (Max #20)	11:00 AM Senior Classic Stacey -Gym (Max #40)	11:00 AM Aqua Fitness Allison - Pool Area (Max #20)	7:00 PM Wellness Yoga Liz - Yellow Room (Max #12)	1:00 PM Chair Yoga Liz - Yellow Room (Max #20)	11:00 AM Aqua Pilates Allison - Pool (Max #20)	11:00 AM Circl' Mobility (30min) Marina- Yellow Room (Max #10)
	11:00 AM Aqua Pilates Allison - Pool (Max #20)	12:00 PM Chair Yoga Liz - Yellow Room (Max #20)		5:00 PM Strength & Stretch Sarah - Yellow Room (Max #18)	12:00 PM Aqua Dance Allison - Pool (Max #20)	
	12:00 PM Aqua Dance Allison - Pool (Max #20)	6:00 PM Cycling John- Upstairs (Max #15)		6:00 PM Cycling John- Upstairs (Max #15)	1:00 PM Chair Yoga Liz - Yellow Room (Max #20)	
	5:00 PM Functional Fitness Sarah - Yellow Room (Max #18)	6:15 PM Circl' Mobility (30min) Marina- Yellow Room (Max #10)		6:00 PM Aqua Fit Tracey -Pool Area (Max #20)	3:30 PM Chair One Fitness Allison- Yellow Room (Max #20)	
	6:00 PM Aqua Fit Tracey -Pool Area (Max #20)	7:00 PM Zumba Marina- Yellow Room (Max #17)		6:15 PM Circl' Mobility (30min) Marina- Yellow Room (Max #10)	4:30 PM Barbell Beats Allison- Yellow Room (Max #20)	
	6:15 PM Bootcamp Katelyn- Yellow Room (Max #18)	FACILITY HOLIDAY CLOSURE FACILITY CLOSED - THURSDAY, NOVEMBER 26, 2026 FOR THE THANKSGIVING HOLIDAY *24/7 ACCESS AVAILABLE TO MEMBERS 18 YEARS AND OLDER		7:00 PM Zumba Marina- Yellow Room (Max #17)	6:00 PM Aqua Fit Tracey -Pool Area (Max #20)	

NOVEMBER CLASS CANCELLATIONS

Allison's Classes Cancelled: (11/1 -ALL), (11/6 -All morning & Aqua Classes Only), (11/13 - All Evening Classes Only), (11/20 - All Evening Classes Only), (11/21-ALL), (11/25 -ALL), (11/27 - ALL) and (11/28 - ALL)
Katelyn's Classes Cancelled (ALL) - (11/9) / Tracey's Classes Cancelled (ALL) - (11/13) / Stacey's Classes Cancelled (ALL) - (11/23), (11/25), and (11/27) / Liz's Classes Cancelled (ALL) - (11/24) and (11/27)

TRX Demo Class Dates None Offered for Month of November

Classes with (**) Must have a TRX Demo Class Before Taking the Class

Join Our Text List for Facility and Class Cancellation Updates! Text RAC to (330)-222-6834

3100 Glenwood Blvd, Reminderville, OH 44202 (234)-212-9773

Group Fitness Guide

Age Requirement for All Fitness Classes
Must be Members 14 Years and Older

Class Descriptions and Intensity Levels

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.

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.

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.

Aqua Pilates w/Allison
Monday/Friday 11:00 AM
Dive into a workout that is tough on your core but gentle on your body. Aqua Pilates utilizes water resistance to create an alignment-focused, total-body conditioning experience. We will target the abdominals, lower back, and glutes to improve posture and functional strength while using the water's buoyancy to safely increase your flexibility and joint mobility. Whether you are recovering from an injury, looking for a joint-friendly sweat session, or wanting to challenge your balance in a whole new way, this class is for you.

CHAIR YOGA
Tuesday 12:00 PM / Thusday and Friday 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.

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!

Aqua Fitness w/Allison
Tuesday 11:00 AM
Aqua fitness is a low-impact, high-energy workout in a pool, using the water's resistance to build strength, improve cardiovascular health, and enhance flexibility and balance. The buoyancy of the water reduces stress on joints, making it ideal for those with arthritis, injury recovery, or those seeking a gentle yet effective workout. With the added benefit of water's cooling effect, participants can engage in intense physical activity without overheating. The class is set to upbeat music, creating a fun, motivating environment for all participants.

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.

Aqua Fit w/Tracey
Wednesday 6:00pm / Friday 6:00pm
This is an Aqua Fit class that introduces a dynamic, instructor-led water aerobics class that provides a total-body workout. By combining cardio, strength training, and balance exercises, participants use the natural resistance of water to build muscle and improve endurance while staying completely easy on the joints. No Swimming Required: Most Aqua Fit classes take place in chest-deep shallow water or utilize flotation belts in the deep end, so advanced swimming skills aren't needed.

Core & Restore
Sunday 5:45 PM
Fire up your powerhouse and melt away tension in this perfectly balanced, 30 minute hybrid class. The first half is dedicated to dynamic, strength-building core work designed to stabilize your spine, define your midsection, and improve functional posture. In the second half, we shift gears into deep, restorative full-body stretching to release tight muscles, improve flexibility, and lower your stress levels. It's the ultimate combination of effort and ease—leaving you feeling strong, aligned, and entirely refreshed. All fitness levels are welcome.

Aqua Dance
Monday/Friday 12:00 PM
Aqua Dance is a fun, full-body pool workout that combines choreographed dance routines with water resistance to deliver a high-energy, low-impact cardiovascular workout, accessible for all ages!

MEDIUM

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 / Friday 4:30 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/ Monday & Friday 9:30am/ Saturday 9:15 AM
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.

Bootcamp
Monday 6:15 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!

Chair One Fitness
Friday 3:30 PM
A fun, inclusive, music-driven seated workout combining cardio, strength, mobility and dance-inspired movement. All fitness levels welcome with modifications offered throughout.

Kettlebell
Wednesdays 5:15 PM
This is not your typical weightlifting routine! Kettlebell AMPD takes heart-pumping, popular music and your favorite kettlebell moves, combining them into calorie-torching fun. Choreographed directly to the beat, this program uses lightweight kettlebells (typically 5–15 lbs) in both traditional and non-traditional ways to create a high-repetition, full-body workout. All fitness levels are welcome—get ready to lose yourself in the music and push your limits!

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
Monday & Friday 8:30am / 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.

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.* ***TRX HIIT is a high interval intensity training class.***

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 /Thursday 6:00 AM & 6:00 PM
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!