




November 2017

919-934-1408
600 Booker Dairy Rd.
Smithfield, NC 27577

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00a Zumba (Karen) 10:00a Silver (Lois) 10:00 Yoga (Wynne) 5:00p Cycling (Yadira) 5:30 Yoga (Robin) 6:00p Zumba Kids 7:00p Zumba (Pretz)	2 9:00a Zumba (Pretz) 10am The Mix (Pretz) 5:00p Cycling (Yadira) 6:00p Cardio Jam (Linda) 7:00p Meltdown (Melissa)	3 10:00a Silver (Lois) 10:00 Yoga (Robin) 5:00p Zumba Kids 6:00p Zumba (Pretz)	4 9:00a Cycling (Sue) 10:00a Zumba (Ree)
6 10:00a Silver (Lois) 11:00a Zumba (Karen) 5:30p Zumba (Pretz) 5:30p Yoga (Robin) 6:30p Strong by Zumba(Leslie) 7:30pm WERQ (Leslie)	7 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa)	8 9:00a Zumba (Karen) 10:00a Silver (Lois) 10:00 Yoga (Robin) 5:00p Cycling (Yadira) 5:30 Yoga (Robin) 6:00p Zumba Kids 7:00p Zumba (Pretz)	9 9:00a Zumba (Pretz) 10am The Mix (Pretz) 5:00p Cycling (Yadira) 6:00p Cardio Jam (Linda) 7:00p Meltdown (Melissa)	10 9:00a Cycling (Sue) 10:00a Silver (Lois) 10:00 Yoga (Robin) 5:00p Zumba Kids 6:00p Zumba (Pretz)	11 9:00a Cycling (Yadira) 10:00a Zumba (Ree)
13 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a Zumba (Karen) 5:30p Zumba (Pretz) 5:30p Yoga (Robin) 6:30p Strong by Zumba(Leslie) 7:30pm WERQ (Leslie)	14 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa) 7:00p Cycling (Sue)	15 9:00a Zumba (Karen) 10:00a Silver (Lois) 10:00 Yoga (Robin) 5:00p Cycling (Yadira) 5:30 Yoga (Robin) 6:00p Zumba Kids 7:00p Zumba (Pretz)	16 9:00a Zumba (Pretz) 10am The Mix (Pretz) 5:00pm Cycling (Yadira) 6:00p Cardio Jam (Linda) 7:00p Meltdown (Melissa)	17 9:00a Cycling (Sue) 10:00a Silver (Lois) 10:00 Yoga (Robin) 5:00p Zumba Kids 6:00p Zumba (Pretz)	18 9:00a Cycling (Yadira) 10:00a Zumba (Ree)
20 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a Zumba (Karen) 5:30p Zumba (Pretz) 5:30 Yoga (Robin) 6:30p Strong by Zumba(Leslie) 7:30pm WERQ (Leslie)	21 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa) 7:00p Cycling (Sue)	22 10:00a Silver (Lois) 10:00 Yoga (Robin) 11:00a Zumba Party Close @ 5PM	23  CLOSED	24 10:00a Silver (Lois) 5:00p Zumba Kids 6:00p Zumba (Pretz)	25 9:00a Cycling (Yadira) 10:00a Zumba (Ree)
27 10:00a Silver (Lois) 11:00a Zumba (Karen) 5:30p Zumba (Pretz) 5:30 Yoga (Robin) 6:30p Strong by Zumba(Leslie) 7:30pm WERQ (Leslie)	28 9:00a Zumba (Pretz) 6:00p Pilates (Melissa) 7:00p Cycling (Sue)	29 9:00a Zumba (Karen) 10:00a Silver (Lois) 10:00 Yoga (Robin) 5:30 Yoga (Robin) 6:00p Zumba Kids 7:00p Zumba (Pretz)	30 9:00a Zumba (Pretz) 10am The Mix (Pretz) 6:00p Cardio Jam (Linda) 7:00p Meltdown (Melissa)	All Group Fitness Classes are FREE to members and paying guests. Childcare is available and free to members. Childcare is \$5/child for paying guests. All classes are in the group fitness room unless otherwise specified: Yoga: Banquet Room	

Playroom Hours:

Monday-Friday 9:00am-12:00pm
 4:30pm-8:00pm
 Saturday 9:00am-12:00pm

SRAC – Group Fitness Class Descriptions

All classes are 1 hour with the exception

Friday Zumba class and the yoga class which is 1.5 hours.

If you are a paying guest and bring children to the playroom, the fee for childcare is \$5 per child.

SRAC Hours:

Monday-Thursday: 5:30am-9:00pm
 Friday: 5:30am-8:00pm
 Saturday: 8:00am-5:00pm
 Sunday: 1:00pm-5:00pm

CYCLING -Experience an amazing cardio, fat-burning workout that begins with a warm-up and includes rolling hills intervals, steep climbs, flats, sprints and more! You'll burn a lot of calories, increase lower-body strength and cardiovascular endurance. Bike resistance is self-adjusted so you can choose your own intensity level! **BIKE #'s are LIMITED! A bike pass is required to participate. To reserve your bike, you must pick up a bike pass at the front desk. Bike passes will be available beginning 30 minutes prior to the start of class and distributed on a first-come, first-serve basis. Only ONE pass per person. Bottled water and a towel are required for all participants.**

ZUMBA-The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! From: www.zumba.com *Friday Night Zumba is 1.5 hours long*

ZUMBA KIDS- Zumba for kids!

YOGA-Yoga helps balance the mind, body and spirit. By focusing on proper alignment of the body while in poses, you will build strength, increase flexibility, create awareness of the body and relieve stress. Mats straps and blocks are provided. Mornings are 1.5 hours long and evening classes are 1 hour long. Ages 13+. Schedule is subject to change. Yoga is for ALL LEVELS.

WERQ® -a fiercely fun dance fitness workout class based on pop, rock, and hip-hop music. Are you ready to WERQ®?

CARDIO JAM- A fun and unique Aerobics/Cardio style class using music and dance moves from Line Dance, Swing, Hip Hop, Country, Latin and even Kick Boxing and Bollywood. Everyone of any age, ability and skill level will be able to increase their fitness level while having a great time!

STRONG by ZUMBA™ is a high intensity interval training workout using more traditional fitness moves for a more athletic, conditioning-style workout.

PILATES- A low impact workout focused on building core strength and spinal flexibility. Designed to challenge everyone from beginner to advanced. **please note, this class can be modified to accommodate nearly anyone.

MELTDOWN- A 5 round workout series that combines cardio, core strength, weights and even a little kickboxing! Guaranteed to make you sweat! **please note, this class can be modified to accommodate nearly anyone.