

NOVEMBER 2021

919-934-1408
600 M Durwood Stephenson Pkwy
Smithfield, NC 27577

Mon	Tue	Wed	Thu	Fri	Sat
1 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille) 6p WERQ (Kisha)	2 8:30a Zumba (Pretz)	3 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille) 6:00pm KIDS Zumba (Pretz) 7:00pm Zumba (Pretz)	4 8:30a Zumba (Pretz)	5 8:30a REFIT (Karen) 6:00pm Zumba (Pretz)	6 9:00a WERQ (Kisha)
8 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille) 6p WERQ (Kisha)	9 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	10 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille) 6:00pm KIDS Zumba (Pretz) 7:00pm Zumba (Pretz)	11 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	12 8:30a REFIT (Karen) 6:00pm Zumba (Pretz)	13 9:00a WERQ (Kisha)
15 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille) 9:00a WERQ (Kisha)	16 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	17 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille) 6:00pm KIDS Zumba (Pretz) 7:00pm Zumba (Pretz)	18 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	19 8:30a REFIT (Karen) 6:00pm Zumba (Pretz)	20 9:00a WERQ (Kisha)
22 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille) 6p WERQ (Kisha)	23 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	24 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille) CLOSE @ 5pm	25 CLOSED 	26 6:00pm Zumba (Pretz)	27 9:00a WERQ (Kisha)
29 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille) 6p WERQ (Kisha)	30 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	<div style="border: 2px solid blue; padding: 10px;"> <p>All Group Fitness Classes are FREE to members.</p> <p>Schedule subject to change.</p> <p>The playroom is OPEN!!</p> </div>			

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.

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!

REFIT®- A total body, total fitness workout using movement and music. Includes cardio, balance, flexibility, and toning. We believe the heart is more than a muscle. Get the mind, body, soul and spirit connection. Join the REFIT® experience and let's dance! All fitness levels welcome.

“COME AS YOU ARE CHAIR YOGA”

Where we will focus on breathing, meditation, building muscle, flexibility by using weights, straps, and Yoga poses in a chair. All fitness levels welcome.

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

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! Bottled water and a towel are required for all participants.**

SRAC Hours: Monday-Friday: 5:30am-8:00pm

Saturday: 8:00am-5:00pm

Sunday: 1:00pm-5:00pm

Monday-Friday: 9:00am-12:00pm

Playroom Hours: Saturday: 9:00am-12:00pm