



# February 2019

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

Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:15a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)	<b>2</b> 9:00a Cycling (Yadira) 10:15 Zumba (Sergio)
<b>4</b> 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)	<b>5</b> 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa) 7:00p BLAST (Adriane)	<b>6</b> 9:00a REFIT (Karen) 10:00a Silver (Lois) 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)	<b>7</b> 9:00a Zumba (Pretz) 10am Line Dance (Pretz) 5:00p Cycling (Yadira) 6pm Strong Circuit (Mary)	<b>8</b> 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:15a Zumba (Pretz) 5:00p Zumba Kids 6:00p Zumba (Pretz)	<b>9</b> 9:00a Cycling (Yadira) 10:30 a-12:30p- Valentine's Zumba (Sergio & Pretz)
<b>11</b> 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)	<b>12</b> 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa) 7:00p BLAST (Adriane)	<b>13</b> 9:00a REFIT (Karen) 10:00a Silver (Lois) 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)	<b>14</b> 9:00a Zumba (Pretz) 10am Line Dance (Pretz) 5:00p Cycling (Yadira) 6pm Strong Circuit (Mary)	<b>15</b> 10:00a Silver (Lois) 11:15a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)	<b>16</b> 9:00a Cycling (Yadira) 10:15 Zumba (Sergio)
<b>18</b> 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)	<b>19</b> 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa) 7:00p BLAST (Adriane)	<b>20</b> 9:00a REFIT (Karen) 10:00a Silver (Lois) 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)	<b>21</b> 9:00a Zumba (Pretz) 10am Line Dance (Pretz) 5:00p Cycling (Yadira) 6pm Strong Circuit (Mary)	<b>22</b> 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:15a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)	<b>23</b> 9:00a Cycling (Yadira) 10:15 Zumba (Sergio)
<b>25</b> 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)	<b>26</b> 9:00a Zumba (Pretz) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa) 7:00p BLAST (Adriane)	<b>27</b> 9:00a REFIT (Karen) 10:00a Silver (Lois) 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)	<b>28</b> 9:00a Zumba (Pretz) 10am Line Dance (Pretz) 5:00p Cycling (Yadira) 6pm Strong Circuit (Mary)	<p>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.</p>	

## **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.**

**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](http://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.

**STRONG CIRCUIT**-A full body workout to develop strength and power with short bursts of cardio. This class will use weights, kettle bells and our own body weight to power through a set of moves to work large and small muscle groups. There will be interval cardio moves through each set. We will also work our core with various abdominal exercises. The class will be fun and energetic with high energy music.

**BLAST**-High interval training with aggressive stretching to lean and sculpt your body. High intensity class uses intervals of strength, power resistance and ab/core training

Rev 9/1/18

*Schedule is subject to change*

### **Playroom Hours:**

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

### **SRAC Hours:**

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