



September 2019

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

Mon	Tue	Wed	Thu	Fri	Sat
<p>2 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 1p Zumba (Pretz)</p> <p style="text-align: center;">CLOSE at 5pm</p>	<p>3 9:00a Zumba (Pretz) 10:00a Cycling (Sue) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa)</p>	<p>4 9:00a REFIT (Karen) 10:00a Silver (Lois) 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)</p>	<p>5 9:00a Zumba (Pretz) 10am Strength & Stretch (Pretz) 5:00p Cycling (Yadira)</p>	<p>6 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)</p>	<p>7 9:00a Cycling (Yadira)</p>
<p>9 9:00a Cycling (Kellie) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)</p>	<p>10 9:00a Zumba (Pretz) 10:00a Cycling (Kellie) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa)</p>	<p>11 9:00a REFIT (Karen) 10:00a Chair Yoga 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)</p>	<p>12 9:00a Zumba (Pretz) 10am Strength & Stretch (Pretz) 5:00p Cycling (Yadira)</p>	<p>13 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)</p>	<p>14 9:00a Cycling (Yadira)</p>
<p>16 9:00a Cycling (Kellie) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)</p>	<p>17 9:00a Zumba (Pretz) 10:00a Cycling (Sue) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa)</p>	<p>18 9:00a REFIT (Karen) 10:00a Chair Yoga 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)</p>	<p>19 9:00a Zumba (Pretz) 10am Strength & Stretch (Pretz) 5:00p Cycling (Yadira)</p>	<p>20 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)</p>	<p>21 9:00a Cycling (Yadira) 10:15 WERQ (Kisha)</p>
<p>23 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)</p>	<p>24 9:00a Zumba (Pretz) 10:00a Cycling (Sue) 5:00p Cycling (Yadira) 6:00p Pilates (Melissa)</p>	<p>25 9:00a REFIT (Karen) 10:00a Chair Yoga 5:00p Cycling (Yadira) 6:00p Zumba Kids 7:00p Zumba (Pretz)</p>	<p>26 9:00a Zumba (Pretz) 10am Strength & Stretch (Pretz) 5:00p Cycling (Yadira)</p>	<p>27 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:00p Zumba Kids 6:00p Zumba (Pretz)</p>	<p>28 9:00a Cycling (Yadira) 10:15 WERQ (Kisha)</p>
<p>30 9:00a Cycling (Sue) 10:00a Silver (Lois) 11:00a REFIT (Karen) 5:30p Zumba (Pretz)</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 *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.

STRENGTH AND STRETCH –Excellent for all fitness levels, beginners welcome. Using equipment and/or body weight you will improve flexibility and endurance

“COME AS YOU ARE CHAIR YOGA”

Where we will focus on breathing, meditation, building muscle, flexibility and focus with weights, straps, and Yoga poses and have fun!”

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

Rev 9/1/18

Playroom Hours:

Monday-Friday ^{*ject to change*} 9:00am-12:00pm
4:30pm-8:00pm
Saturday 9:00am-12:00pm

Schedule is sub-

SRAC Hours:

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