SRAC
Smithfield Recreation & Aquatics Center

November 2023

Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30a REFIT (Karen) 6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	**2** 8:30a Zumba (Pretz) 7p Line Dancing (Shelia)	**3** 6:00p Zumba (Pretz)	**4** 8:00a Zumba (Pretz)
6 8:30a REFIT (Karen) 6p WERQ (Kisha) 7pm Ki'Tone (Kisha)	**7** 8:30a Zumba (Pretz) 10:00a Cycling (Sue) 6p Power-Stack It-Move It (Felicia)	**8** 8:30a REFIT (Karen) 6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	**9** 8:30a Zumba (Pretz) 6:00p Cycling (Jennifer) 7p Line Dancing (Shelia)	**10** 6:00p Zumba (Pretz)	**11** 8:00a Zumba (Pretz)
13 8:30a REFIT (Karen) 6p WERQ (Kisha) 7pm Cycling (Jennifer)	**14** 8:30a Zumba (Pretz) 10:00a Cycling (Sue) 6p Power-Stack It-Move It (Felicia) 7pm Cycling (Jennifer)	**15** 8:30a REFIT (Karen) 6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	**16** 8:30a Zumba (Pretz) 7p Line Dancing (Shelia)	**17** 9am Cycling (Sue) 6:00p Zumba (Pretz)	**18** 8:00a Zumba (Pretz) 10am Cycling (Sue)
20 8:30a REFIT (Karen) 6p WERQ (Kisha) 7pm Ki'Tone (Kisha)	**21** 8:30a Zumba (Pretz) 10:00a Cycling (Sue) 6p Power-Stack It-Move It (Felicia)	**22** 8:30a REFIT (Karen) **Close at 5pm**	**23** Happy Thanksgiving CLOSED	**24** 9am Cycling (Sue) 6:00p Zumba (Pretz)	**25** 8:00a Zumba (Pretz) 10am Cycling (Sue)
27 8:30a REFIT (Karen) 6p WERQ (Kisha) 7pm Cycling (Jennifer)	**28** 8:30a Zumba (Pretz) 10:00a Cycling (Sue) 6p Power-Stack It-Move It (Felicia) 7pm Cycling (Jennifer)	**29** 8:30a REFIT (Karen) 6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	**30** 8:30a Zumba (Pretz) 7p Line Dancing (Shelia)	**ALL GROUP FITNESS CLASSES ARE FREE TO MEMBERS** **SCHEDULE SUBJECT TO CHANGE**	

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.

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.**

LINE DANCING-Get in some low impact cardio while having fun dancing!

KI'TONE-Reawaken your power! Get stronger and more toned in this class for all fitness levels. Classes will focus on upper body, lower body, core and more!

POWER-STACK IT-MOVE IT -Let's take your workout to the new heights as you layer cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise levels along the way and prepare to dig deep to work your way back down. Let's unleash your POWER – STACK IT AND MOVE IT! This class is a progressive strength and cardio based workout that will leave you wanting more! This interval-based workout is for all fitness levels designed to increase your strength and cardio work out efforts.

SRAC Hours:

Monday-Thursday: 5:30am-9:00pm

Friday: 5:30am-8:00pm

Saturday: 8:00am-5:00pm

Sunday: 1:00pm-5:00pm

Playroom Hours:

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

Saturday: 9:00am-12:00pm

Rev 11/1/23