



# NOVEMBER 2022

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

Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:30a Zumba (Pretz) 10:00a Cycling (Jennifer)  7:00p Cycling (Jennifer)	<b>2</b> 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille)  6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	<b>3</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)  6p-Mat Yoga	<b>4</b> 8:30a REFIT (Karen) 10a Chair Yoga Camille)  6:00p Zumba (Pretz)	<b>5</b> 9:00a WERQ (Kisha) 10:00a Cycling (Jennifer)
<b>7</b> 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille)  6:00p WERQ (Kisha)	<b>8</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	<b>9</b> 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille)  6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	<b>10</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)  6p-Mat Yoga 7:00p Cycling (Jennifer)	<b>11</b> 8:30a REFIT (Karen) 10a Chair Yoga Camille)  <b>CLOSED @ 5pm</b> <b>Veteran's Day Event in the Park</b>	<b>12</b> 9:00a WERQ (Kisha)
<b>14</b> 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille)  6:00p WERQ (Kisha) 7:00p Cycling (Jennifer)	<b>15</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)  7:00p Cycling (Jennifer)	<b>16</b> 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille)  6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	<b>17</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)  6p-Mat Yoga	<b>18</b> 8:30a REFIT (Karen) 10a Chair Yoga Camille)  6:00p Zumba (Pretz)	<b>19</b> 9:00a WERQ (Kisha) 10:00a Cycling (Jennifer)
<b>21</b> 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille)  6p WERQ (Kisha)	<b>22</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)	<b>23</b> 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille)  <b>CLOSED @ 5pm</b>	<b>24</b> <b>CLOSED</b> 	<b>25</b> 8:30a REFIT (Karen) 10a Chair Yoga Camille)  6:00p Zumba (Pretz)	<b>26</b> 9:00a WERQ (Kisha)
<b>28</b> 8:30a REFIT (Karen) 10:00a Chair Yoga (Camille)  6p WERQ (Kisha) 7:00p Cycling (Jennifer)	<b>29</b> 8:30a Zumba (Pretz) 10:00a Cycling (Sue)  7:00p Cycling (Jennifer)	<b>30</b> 8:30a REFIT (Karen) 10:00a Chair Yoga(Camille)  6:00p KIDS Zumba (Pretz) 7:00p Zumba (Pretz)	<div style="border: 2px solid blue; padding: 10px; width: fit-content; margin: auto;"> <p><b>ALL GROUP FITNESS CLASSES ARE FREE TO MEMBERS</b></p> <p><b>SCHEDULE SUBJECT TO CHANGE</b></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](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.

### **“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.

**MAT YOGA-** Designed for any ability, learn to stretch, breathe and build strength and flexibility.

**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-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