



November 2024

Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 2px solid blue; padding: 10px; width: fit-content; margin: 0 auto;"> <p>ALL GROUP FITNESS CLASSES ARE FREE TO MEMBERS</p> <p>SCHEDULE SUBJECT TO CHANGE</p> </div>				<p>1</p> <p>3:30p Walk15 (Brittani) 6p Zumba (Pretz)</p>	<p>2</p> <p>8am Zumba (Pretz) 9:30a Cycling (Kellie)</p>
<p>4</p> <p>8:30a REFIT (Karen) 6p Cycling (Terence) 7p WERQ (Kisha)</p>	<p>5</p> <p>8:30a Zumba (Pretz) 3:30p Walk15 (Brittani) 7p Cycling (Terence)</p>	<p>6</p> <p>8:30a REFIT (Karen) 10a Chair REFIT (Karen) 6p KIDS Zumba (Pretz)</p>	<p>7</p> <p>8:30a Zumba (Pretz) 6p Body Bootcamp (Jennifer) 7p Line Dancing (Shelia)</p>	<p>8</p> <p>3:30p Walk15 (Brittani) 6p Zumba (Pretz)</p>	<p>9</p> <p>8am Zumba (Pretz) 9:30a Cycling (Kellie)</p>
<p>11</p> <p>8:30a REFIT (Karen)</p> <p style="text-align: center;">CLOSE at 5PM <i>Veteran's Day</i></p>	<p>12</p> <p>8:30a Zumba (Pretz) 10a Cycling (Sue) 3:30p Walk15 (Brittani) 7p Body BootCamp (Jennifer)</p>	<p>13</p> <p>8:30a REFIT (Karen) 10a Chair REFIT (Karen) 6p KIDS Zumba (Pretz) 7p Zumba (Pretz)</p>	<p>14</p> <p>8:30a Zumba (Pretz) 10a Cycling (Sue) 6p Cycling (Terence) 7p Line Dancing (Shelia)</p>	<p>15</p> <p>3:30p Walk15 (Brittani) 6p Zumba (Pretz)</p>	<p>16</p> <p>8am Zumba (Pretz) 9:30a Cycling (Jennifer)</p>
<p>18</p> <p>8:30a REFIT (Karen) 6p 7p Cycling (Terence) 7p WERQ (Kisha)</p>	<p>19</p> <p>8:30a Zumba (Pretz) 10a Cycling (Sue) 3:30p Walk15 (Brittani) 7p Cycling (Terence)</p>	<p>20</p> <p>8:30a REFIT (Karen) 10a Chair REFIT (Karen) 6p KIDS Zumba (Pretz) 7p Zumba (Pretz)</p>	<p>21</p> <p>8:30a Zumba (Pretz) 10a Cycling (Sue) 6p Body Bootcamp (Jennifer) 7p Line Dancing (Shelia)</p>	<p>22</p> <p>3:30p Walk15 (Brittani) 6p Zumba (Pretz)</p>	<p>23</p> <p>8am Zumba (Pretz) 9:30a Cycling (Terence)</p>
<p>25</p> <p>8:30a REFIT (Karen) 6p Body Bootcamp (Jennifer) 7p WERQ (Kisha)</p>	<p>26</p> <p>8:30a Zumba (Pretz) 10a Cycling (Sue) 3:30p Walk15 (Brittani) 7p Body BootCamp (Jennifer)</p>	<p>27</p> <p>8:30a REFIT (Karen) 10a Chair REFIT (Karen)</p> <p style="text-align: center;">CLOSE at 5PM</p>	<p>28</p> <p style="text-align: center;">  HAPPY THANKSGIVING CLOSED </p>	<p>29</p> <p>3:30p Walk15 (Brittani) 6p Zumba (Pretz)</p>	<p>30</p> <p>8am Zumba (Pretz) 9:30a Cycling (Jennifer)</p>

SRAC – Group Fitness Class Descriptions

All classes are 1 hour with the exception Friday Zumba class.

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.

CHAIR REFIT-This is a low-impact movement cardio fitness class where participants will sit or use a chair for balance to work on improving their mobility, strength, flexibility and core. This is designed to be a full-body workout incorporating positive, fun music and a workout for mind, body and spirit. All 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!

WALK15– an easy, low impact, aerobic walk fitness with a twist! It's not your traditional walk at the park. In 30 minutes you'll get a full body workout and walk 2 miles as the music speeds up throughout the class. It's Easy and Effective!!!

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