



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 12:00pm REV+FLOW (Karen) 5:30pm Yoga for Flexiblilty (Jamie)	<b>2</b> 8:30am Zumba (Pretz) 6:00pm Cycling (Terence)	<b>3</b> 8:30am REFIT (Karen) 5:00pm Line Dancing Class (Pretz) 6:00pm Zumba (Pretz)	<b>4</b> 8:30am Zumba (Pretz) 6:00pm Cycling (Terence)	<b>5</b> 4:45pm Gentle Yoga (Jamie) 6:00pm Zumba (Pretz)	<b>6</b> 8:15am Zumba (Pretz) 10:00am Cycling (Kellie) 11:00am Yoga for Beginners (Jamie)
<b>8</b> 8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 12:00pm REV+FLOW (Karen) 5:30pm Yoga for Flexiblilty (Jamie)	<b>9</b> 8:30am Zumba (Pretz) 6:00pm Cycling (Terence)	<b>10</b> 8:30am REFIT (Karen) 5:00pm Line Dancing Class (Pretz) 6:00pm Zumba (Pretz)	<b>11</b> 8:30am Zumba (Pretz) 10:00am Cycling & Strength Training (Sue) 6:00pm Cycling (Terence)	<b>12</b> 8:30am REFIT (Karen) 10:00am Aerobics Class (Jenn) 4:45pm Gentle Yoga (Jamie) 6:00pm Zumba (Pretz)	<b>13</b> 8:15am Zumba (Pretz) 10:00am Cycling (Kellie) 11:00am Yoga for Beginners (Jamie)
<b>15</b> 8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 12:00pm REV+FLOW (Karen) 5:30pm Yoga for Flexiblilty (Jamie)	<b>16</b> 8:30am Zumba (Pretz) 6:00pm Cycling (Terence)	<b>17</b> 8:30am REFIT (Karen) 5:00pm Line Dancing Class (Pretz) 6:00pm Zumba (Pretz)	<b>18</b> 8:30am Zumba (Pretz) 10:00am Cycling & Strength Training (Sue) 6:00pm Cycling (Terence)	<b>19</b> 8:30am REFIT (Karen) 10:00am Cycling (Kellie) 4:45pm Gentle Yoga (Jamie) 6:00pm Zumba (Pretz)	<b>20</b> 8:15am Zumba (Pretz) 10:00am Cycling (Kellie) 11:00am Yoga for Beginners (Jamie)
<b>22</b> 8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 12:00pm REV+FLOW (Karen) 5:30pm Yoga for Flexiblilty (Jamie)	<b>23</b> 8:30am Zumba (Pretz) 6:00pm Cycling (Terence)	<b>24</b> 8:30am REFIT (Karen) 5:00pm Line Dancing Class (Pretz) 6:00pm Zumba (Pretz)	<b>25</b> 8:30am Zumba (Pretz) 10:00am Cycling & Strength Training (Sue) 6:00pm Cycling (Terence)	<b>26</b> 8:30am REFIT (Karen) 10:00am Cycling (Kellie) 4:45pm Gentle Yoga (Jamie) 6:00pm Zumba (Pretz)	<b>27</b> 8:15am Zumba (Pretz) 9:30am Cycling (Terence) 11:00am Yoga for Beginners (Jamie)
<b>29</b> 8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 12:00pm REV+FLOW (Karen) 5:30pm Yoga for Flexiblilty (Jamie)	<b>30</b> 8:30am Zumba (Pretz) 6:00pm Cycling (Terence)				

# **SRAC – Group Fitness Class Descriptions**

If you are a paying guest and bring children to the playroom, the fee for childcare is \$5 per child.

**GENTLE PILATES** – Slow, intentional movement with purpose. This class breaks down your movement patterns to help you build true core stability, improve spinal alignment, and strengthen with control. Gentle Pilates delivers low-intensity, high-quality work designed to enhance mobility, balance, and overall functional strength. A smart, accessible session for anyone looking to move better, refine technique, and build a stronger foundation, one precise movement at a time.

**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\*

**LINE DANCING CLASS**–A fun, high-energy class where you'll learn easy-to-follow choreographed steps set to lively music. Line dancing boosts coordination, builds confidence, and delivers a great cardio workout—all while keeping things social and lighthearted. No partner or experience required; just show up ready to move and have a good time!

**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.

**REV+FLOW**– A low impact yet high intensity functional fitness program crafted to help you build strength, enhance flexibility, and boost overall mobility. Set to motivating music, this format blends strength training, balance work, and mobility-focused movements—often using light hand weights and mats—to deliver a full body workout that's both challenging and sustainable for every fitness level.

**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.

**AEROBICS CLASS**–A class designed to boost your cardio fitness, burn calories, and elevate your mood. This beginner-friendly session combines easy dance moves, upbeat music, and full-body exercises for a great workout in just 30 minutes. All fitness levels welcome!

**YOGA FOR FLEXIBILITY**–A gentle, feel-good class designed to improve mobility, release tension, and increase range of motion throughout the body. You'll move through slow, stretchy sequences and longer-held poses that target tight hips, hamstrings, shoulders, and the spine. Perfect for all levels—whether you're recovering from workouts, easing stiffness, or simply looking to move more freely.

**GENTLE YOGA** –Recharge and restore with yoga designed for all! Enjoy the gentle yoga flow for awakening the body and mind & spirit.  
Join us in the Group Fitness Room for a relaxing session focused on stress relief, gentle movements, and mindfulness.

**YOGA FOR BEGINNERS**–No experience? No problem! Our sessions are designed for all fitness levels, bring your curiosity and an open mind and leave feeling refreshed, energized, and empowered. Join us in the Group Fitness Room for a calming yoga session tailored for beginners. Learn gentle stretches, basic poses, and breathing techniques to enhance physical and mental well-being.

## **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

