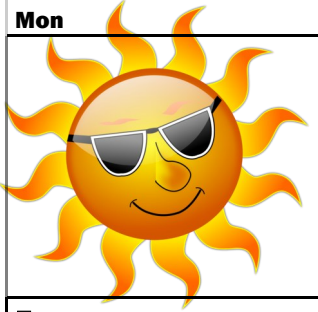



# July 2025

**919-934-1408**  
**600 M Durwood Stephenson Pkwy**

Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>2</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>3</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>4</b> 9:00a Walk15 (Brittani) 10:00a Cycle (Kellie)  6p Zumba (Pretz)	<b>5</b> 8am Zumba (Pretz) 9:30a Cycling (Kellie)
<b>7</b> 8:30a REFIT (Karen) 10a Cycling (Sue)	<b>8</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>9</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>10</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>11</b> 9:00a Walk15 (Brittani) 10:00a Cycle (Kellie)  6p Zumba (Pretz)	<b>12</b> 8am Zumba (Pretz) 9:30a Cycling (Kellie)
<b>14</b> 8:30a Zumba (Pretz)	<b>15</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>16</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>17</b> 8:30a Zumba (Pretz)  6pm Cycling (Terence)	<b>18</b>  10:00a Cycle (Kellie)  6p Zumba (Pretz)	<b>19</b> 8am Zumba (Pretz) 9:30a Cycling (Kellie)
<b>21</b> 8:30a REFIT (Karen) 10a Cycling (Sue)	<b>22</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>23</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>24</b> 8:30a Zumba (Pretz)  6pm Cycling (Terence)	<b>25</b> 9:00a Walk15 (Brittani) 10:00a Cycle (Kellie)  3:30p Walk15 (Brittani)	<b>26</b> 8am Zumba (Pretz) 9:30a Cycling (Kellie)
<b>28</b> 8:30a REFIT (Karen) 10a Cycling (Sue)	<b>29</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>30</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<div>  <div> <b>ALL GROUP FITNESS CLASSES ARE FREE TO MEMBERS</b>   <b>SCHEDULE SUBJECT TO CHANGE</b> </div> </div>		

# **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](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.

**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.

**Ki'tone and Stretch**- This class focuses on relieving tight muscles, improving flexibility, and enhancing body awareness through active and isometric stretching. Using a combination of dumbbells, foam rollers, and targeted stretches, will help you work on increasing range of motion, strengthening core stability, and improving posture.

**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.**

**BODY BOOTCAMP**- a fun, full body cardio workout combined with dance, strength training and aerobics that will tone your entire body using your own body weight.

**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!!!

**RISE AND BALANCE**-This class is all about mastering the art of not falling over, with low-impact moves that will make you stronger than you thought possible.

## **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