



# September 2025

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

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 8:30a REFIT (Karen)  <b>CLOSE at 5pm</b>	<b>2</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>3</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>4</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>5</b> 8:30a REFIT (Karen) 10:00a Cycle (Kellie)  6p Line Dance (Pretz)	<b>6</b> 8am Zumba (Pretz) 10:00a Cycling (Kellie)
<b>8</b> 8:30a REFIT (Karen) 10a Cycling (Sue)	<b>9</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>10</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>11</b> 8:30a Zumba (Pretz)  6p Cycling (Terence)	<b>12</b> 8:30a REFIT (Karen) 10:00a Cycle (Kellie)  6p Line Dance (Pretz)	<b>13</b> 8am Zumba (Pretz)
<b>15</b> 8:30a REFIT (Karen) 10:00a Cycle (Sue)	<b>16</b> 8:30a Zumba (Pretz) 9:30a Cardio Drumming (Pretz)  6p Cycling (Terence)	<b>17</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>18</b> 8:30a Zumba (Pretz)  6pm Cycling (Terence)	<b>19</b> 8:30a REFIT (Karen) 10:00a Cycle (Sue)  6p Line Dance (Pretz)	<b>20</b> 8am Zumba (Pretz) 10:00a Cycling (Kellie)
<b>22</b> 8:30a REFIT (Karen) 10a Cycling (Sue)	<b>23</b> 8:30a Zumba (Pretz) 9:30a Cardio Drumming (Pretz)  6p Cycling (Terence)	<b>24</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>25</b> 8:30a Zumba (Pretz)  6pm Cycling (Terence)	<b>26</b> 8:30a REFIT (Karen) 10:00a Cycle (Sue)  6p Line Dance (Pretz)	<b>27</b> 8am Zumba (Pretz) 10:00a Cycling (Terence)
<b>29</b> 8:30a REFIT (Karen) 10a Cycling (Sue)	<b>30</b> 8:30a Zumba (Pretz) 9:30a Cardio Drumming (Pretz)  6p Cycling (Terence)	<b>OCTOBER 1</b> 8:30a REFIT (Karen)  6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	<b>2</b> 8:30a Zumba (Pretz)  6pm Cycling (Terence)	<b>3</b> 8:30a REFIT (Karen) 10:00a Cycle (Sue)  6p Line Dance (Pretz)	<b>4</b> 8am Zumba (Pretz) 10:00a Cycling (Kellie)

## **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.

**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.**

**CARDIO DRUMMING**-a fun, music filled, cardio vascular exercise where participants use drum sticks to beat out a rhythm set to music on an exercise ball. A great workout for the upper body all while having fun!

### **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

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