

SRAC

Smithfield
Recreation &
Aquatics Center



2026

March



600 M. Durwood Stephenson Pkwy
Smithfield, NC 27577
www.SRAOnline.com
(919) 934-1408

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 5:00pm Chakra & Energy Flow Yoga (Jamie)</p>	<p>3</p> <p>8:30am Zumba (Pretz) 9:45am Recovery & Recharge Fitness (Pretz) 6:00pm Cycling (Terence)</p>	<p>4</p> <p>8:30am REFIT (Karen) 4:00pm Recovery & Recharge Fitness (Pretz) 6:00pm Zumba (Pretz)</p>	<p>5</p> <p>8:30am Zumba (Pretz) 10:00am Cycling & Strength Training (Sue) 6:00pm Cycling (Terence)</p>	<p>6</p> <p>8:30am REFIT (Karen) 4:45pm Yoga Flow (Jamie) 6:00pm Zumba (Pretz)</p>	<p>7</p> <p>8:15am Zumba (Pretz) 10:00am Cycling (Kellie) 11:00am Yoga for Beginners (Jamie)</p>
<p>9</p> <p>8:30am REFIT (Karen) 10:00am Cycling & Strength Training (Sue) 5:00pm Chakra & Energy Flow Yoga (Jamie)</p>	<p>10</p> <p>8:30am Zumba (Pretz) 9:45am Recovery & Recharge Fitness (Pretz) 6:00pm Cycling (Terence)</p>	<p>11</p> <p>8:30am REFIT (Karen) 4:00pm Recovery & Recharge Fitness (Pretz) 6:00pm Zumba (Pretz)</p>	<p>12</p> <p>8:30am Zumba (Pretz) 10:00am Cycling & Strength Training (Sue) 6:00pm Cycling (Terence)</p>	<p>13</p> <p>8:30am REFIT (Karen) 4:45pm Yoga Flow (Jamie) 6:00pm Zumba (Pretz)</p>	<p>14</p> <p>8:15am Zumba (Pretz) 11:00am Yoga for Beginners (Jamie)</p>
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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*

RECOVERY & RECHARGE FITNESS–This beginner-friendly class is designed for anyone looking to move safely and confidently—whether you're new to exercise, recovering from an injury, or following a doctor's recommendation for low-impact activity.

Expect light weights, seated and standing exercises, and a focus on functional movements and mobility to help improve strength, flexibility, and balance without strain. Every workout is gentle yet effective, making it perfect for building confidence and supporting your body's recovery.

No experience required—just come ready to recharge and feel your best!

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.

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, cardiovascular exercise where participants use drumsticks to beat out a rhythm set to music on an exercise ball. A great workout for the upper body all while having fun!

CHAKRA & ENERGY FLOW YOGA–Unlock your inner harmony by exploring the seven chakras & energy centers that influence your physical, emotional, and spiritual well-being. Each class combines gentle yoga poses, breathing techniques, and guided meditations designed to activate and balance you.

YOGA FLOW–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, flexibility, 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

