



September 2024

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

Mon	Tue	Wed	Thu	Fri	Sat	
2 8:30a REFIT (Karen) CLOSE at 5pm	3 8:30a Zumba (Pretz) 6p Stack It (Felicia)	4 8:30a REFIT (Karen) 6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	5 8:30a Zumba (Pretz) 10a Cycling (Terence) 6p Cycling (Terence) 7p Line Dancing (Shelia)	6 3:30p Walk15 (Brittani) 6p Zumba (Pretz)	7 8am Zumba (Pretz) 9:30a Cycling (Jennifer)	
9 8:30a REFIT (Karen) 6p Cycling (Terence) 7p WERQ (Kisha)	10 8:30a Zumba (Pretz) 3:30p Walk15 (Brittani) 6p Stack It (Felicia)	11 8:30a REFIT (Karen) 6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	12 8:30a Zumba (Pretz) 6p Cycling (Jennifer) 7p Line Dancing (Shelia)	13 3:30p Walk15 (Brittani) 6p Zumba (Pretz)	14 8am Zumba (Pretz) 9:30a Cycling (Kellie)	
16 8:30a REFIT (Karen) 6p Body Bootcamp (Jennifer) 7p WERQ (Kisha)	17 8:30a Zumba (Pretz) 10a Cycling (Sue) 3:30p Walk15 (Brittani) 6p Stack It (Felicia)	18 8:30a REFIT (Karen) 6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	19 8:30a Zumba (Pretz) 10a Cycling (Sue) 6pm Cycling (Terence) 7p Line Dancing (Shelia)	20 3:30p Walk15 (Brittani) 6p Zumba (Pretz)	21 8am Zumba (Pretz) 9:30a Cycling (Kellie)	
23 8:30a REFIT (Karen) 7p WERQ (Kisha)	24 8:30a Zumba (Pretz) 10a Cycling (Sue) 3:30p Walk15 (Brittani) 6p Stack It (Felicia)	25 8:30a REFIT (Karen) 6p KIDS Zumba (Pretz) 7p Zumba (Pretz)	26 8:30a Zumba (Pretz) 10a Cycling (Sue) 6p Cycling (Jennifer) 7p Line Dancing (Shelia)	27 3:30p Walk15 (Brittani) 6p Zumba (Pretz)	28 8am Zumba (Pretz) 9:30a Cycling (Terence)	
30 8:30a REFIT (Karen) 6p Cycling (Terence) 7p WERQ (Kisha)	1 8:30a Zumba (Pretz) 10a Cycling (Sue) 3:30p Walk15 (Brittani) 6p Stack It (Felicia) 7p Body Bootcamp (Jennifer)					<p>ALL GROUP FITNESS CLASSES ARE FREE TO MEMBERS</p> <p><u>SCHEDULE SUBJECT TO CHANGE</u></p>

SRAC – Group Fitness Class Descriptions

All classes are 1 hour with the exception Walk15 and 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.

POWER-STACK IT-MOVE IT -Let's take your workout to the new heights as you layer cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise levels along the way and prepare to dig deep to work your way back down. Let's unleash your POWER – STACK IT AND MOVE IT! This class is a progressive strength and cardio based workout that will leave you wanting more! This interval-based workout is for all fitness levels designed to increase your strength and cardio work out efforts.

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!

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!!!

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