

November 2023



Group Fitness Schedule


Fitness Class Punch Pass

10 Punches \$55 (Punch Card used for any fitness class) Note: Punch card only guaranteed if the minimum number of participants met for the session. This punch card expires 12 months after purchase.

This cannot be used for Silver Sneaker Classes.

Silver Sneaker Classes

If you are a Silver Sneaker Member these classes are FREE if you are not a Silver Sneaker Member a fee of \$2 per class or \$20 for 10 classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:30 pm Cycle Sculpt	2 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker -YOGA 10:00 am Silver Sneaker -CLASSIC 10:00 am Bone Builder 11:00 am Silver Sneaker– Chair Yoga 5:30 pm Small Group	3 5:00 am Underdog Fitness 6:00 am Underdog Fitness 12:15 pm Tabata Xpress 3:45 pm Underdog Fitness
6 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:45 pm Underdog Fitness 5:30 pm Small Group	7 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker – EnerChi 10:00 am Silver Sneaker – BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – Chair Yoga 12:15 pm Tabata Xpress 3:45 pm Underdog Fitness	8 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:30 pm Cycle Sculpt	9 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker -YOGA 10:00 am Silver Sneaker -CLASSIC 10:00 am Bone Builder 11:00 am Silver Sneaker– Chair Yoga 5:30 pm Small Group	10 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:45 pm Underdog Fitness ****Silver Sneaker**** FRIENDSHIP FRIDAY (FREE) 9 AM AND 11 AM
13 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:45 pm Underdog Fitness 5:30 pm Small Group	14 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker – EnerChi 10:00 am Silver Sneaker – BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – Chair Yoga 12:15 pm Tabata Xpress 3:45 pm Underdog Fitness	15 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:30 pm Cycle Sculpt	16 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker 10:00 am Silver Sneaker 10:00 am Bone Builder 11:00 am Silver Sneaker 5:30 pm Small Group	17 5:00 am Underdog Fitness 6:00 am Underdog Fitness 12:15 pm Tabata Xpress 3:45 pm Underdog Fitness
20 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:45 pm Underdog Fitness 5:30 pm Small Group	21 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker – EnerChi 10:00 am Silver Sneaker – BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – Chair Yoga 3:45 pm Underdog Fitness	22 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:30 pm Cycle Sculpt	23 	24 RACC HOURS 10 AM – 10 PM
27 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:45 pm Underdog Fitness 5:30 pm Small Group	28 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker – EnerChi 10:00 am Silver Sneaker – BOOM I 10:00 am Bone Builders 11:00 am Silver Sneaker – Chair Yoga 12:15 pm Tabata Xpress 3:45 pm Underdog Fitness	29 5:00 am Underdog Fitness 6:00 am Underdog Fitness 3:30 pm Cycle Sculpt	30 5:00 am Underdog Fitness 6:00 am Underdog Fitness 9:00 am Silver Sneaker -YOGA 10:00 am Silver Sneaker -CLASSIC 10:00 am Bone Builder 11:00 am Silver Sneaker– Chair Yoga 5:30 pm Small Group	

Silver Sneakers Yoga®

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. These classes are designed just for seniors. No registration necessary!

Silver Sneakers EnerChi®

SilverSneakers EnerChi combines modified tai chi forms and qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind. Exercises include simple yoga poses for strength, flexibility, and range of motion.

Fitness Punch Classes

- **FITNESS PUNCH PASS ONLY CLASSES** Every week is different from the last! Purchase a Fitness Punch Pass by stopping at the RACC Front Desk and build your workout schedule by attending the times and classes that fit your schedule best! With multiple offerings, you can now make sure you're getting in your weekly exercises No registration needed!
- **Cycle Sculpt** Get it all done in one class! Cycling, weights and stretch
- **Tabata Express** It's 30 minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10 second rest. These workouts are fast-paced and fun, and burn up tons of calories.

Silver Sneaker –

Jane taught: Nov 2, 7, 9, 10, 14, 16, 21, 28, 30

*added class (Friendship Friday)