

# Group Fitness

## FEBRUARY 2018

### Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	<b>Muscle Monday</b> Karen <i>*45 minute class</i>	<b>Tabata</b> Karen <i>*45 minute class</i>	<b>Pi-Yo</b> Susan <i>*45 minute class</i>	<b>Bosu Core</b> Karen <i>*45 minute class</i>	<b>Gutts &amp; Butts</b> Susan		
8:00am	<b>Drumming</b> Susan	<b>Step Aerobics</b> Susan	<b>Zumba Gold</b> Rosa	<b>Hatha Yoga</b> Susan	<b>Boot Camp</b> Lynnette	<b>Tabata</b> Karen	
9:00am	<b>Body Sculpting</b> Michele	<b>Zumba</b> Lynnette	<b>Cardio Circuit</b> Michele	<b>Body Conditioning</b> Susan	<b>Core &amp; More</b> Aisha	<b>Body By Barre</b> Carmen	<b>20/20/20</b> Susan
11:00am	<b>SilverSneakers Circuit</b> Margie <i>*Advanced Class*</i>	<b>SilverSneakers Classic</b> Margie	<b>SilverSneakers Yoga</b> Regina	<b>SilverSneakers Classic</b> Margie	<b>SilverSneakers Yoga</b> Regina		

### Afternoon Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm		<b>Yoga</b> Meena		<b>Tabata</b> Susan			
6:30pm	<b>Beginning Step</b> Susan	<b>Drums Alive</b> Elone	<b>Gutts &amp; Butts</b> Susan	<b>Basic Yoga</b> Regina	<b>Zumba</b> Rosa		
7:30pm	<b>HIIT</b> Michele	<b>Zumba Gold</b> Elone	<b>Pi-Yo</b> Susan				

**6 Visit Fitness Punch Passes Available!**

**Members**  
Boarding Pass Plus: \$30.00  
Boarding Pass: \$36.00

**Non-Members**  
Non-Member Resident: \$42.00  
Non-Member Non-Resident: \$48.00

**Drop-In: \$9**

**RAC Inclement Weather Policy:** In the event of a **weekday** snow emergency please watch for closure of the Romulus School District. If the Romulus School District is closed due to snow or ice the RAC will be open, however, all AM fitness classes will be canceled for that day. In the event that the class is in the **evening** or on the **weekend** please call the front desk at **734-942-2223**.

**20/20/20:** 20 minutes of cardio, 20 minutes of strength training using hand weights, 20 minutes of yoga and or pilates.

**Basic Yoga:** Finally a Yoga Class that anyone can do! Easy to follow with the right amount of flowing combinations.

**Beginning Step:** A step class to learn basic step patterns & learn how to build the basics into a challenging workout.

**Body by Barre: (B3)** The latest form of training. The class is designed to lengthen and sculpt muscles, increase flexibility and change the body to be dynamically strong. Barre combines yoga, pilates and ballet barre conditioning.

**Body Sculpting:** A total body workout involving body weight exercises, hand weights, stability balls and resistance tubing, designed to sculpt the body and increase muscular endurance. This class is fun, effective and for all levels of fitness.

**Boot Camp:** Interval training. Bursts of intense activity alternated with intervals of light activity. Drills, sprints, body weight exercises.

**Cardio Circuit:** This class alternates intervals of strength & cardio movements using a variety of equipment as well as your own body weight. This ALL LEVEL class is a toning & cardio workout in one with a emphasis on intensity options & modifications for optimal results.

**Core & More:** Zoning in on your core using contemporary body sculpting movements. Utilizing stability balls, resistance tubing, Pilates power ring, and more to enhance all of your muscles while shaping, defining, and strengthening your body. Beginner to advanced.

**Drum Alive:** Combines aerobic movements with the powerful beat and rhythm of drums. This class offers a fast paced workout that can burn up to 400 calories.

**Drumming:** Feel and experience the pulsating rhythms, dynamic movement, and powerful percussions of this new high-energy dance and rhythm program. Combines traditional aerobic movements with the powerful beat and rhythms of the drums.

**Gutts & Butts:** A cardio warm up using the step bench then standing muscle engagement, progressing to floor work with more glut and hamstring engagement. Abdominal exercises will include all 5 parts of the Abs. A variety of equipment is used.

(\*Friday 5:15am class is 45minutes.\*)

**Hatha Yoga:** A series of yoga moves and poses linked with your breathing.

**HIIT: (High Intensity Interval Train)** This is a total body strength and conditioning class. It will incorporate high impact movements to get your heart going into a fat burning zone quickly and keeps you there for short intervals while employing brief rest periods for recovery. The second half of the class will involve muscle pumping exercises to build, tone and strengthen muscles.

**Muscle Monday:** This is a traditional weight training class that will focus on all of the major muscle groups. \*45 minute class\*

**Pi-Yo:** A pilate/yoga infused class that keeps you moving and keeps the calories burning. (\*Wed 5:15am class is 45minutes.\*)

**SilverSneakers Circuit:** \* Advanced Class\* Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with nonimpact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

(Pre requisite: 2 - 3 months of SilverSneakers Class)

**SilverSneakers Classic:** Have fun and move to the music though a series of exercises designed to increase muscular strength, range of movements, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**SilverSneakers Yoga:** Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movements. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Step Aerobics:** Aerobic exercise using a elevated platform. The step height can be tailored to individual needs by inserting risers under the step. A great cardio pumping class with strength & stretching added into this class.

**Tabata:** 20 Second Interval work followed by 10 seconds of rest repeated 6-8 times per exercise, focusing on every inch of the body for a great calorie burn. (\*Tues 5:15am class is 45 minutes\*)

**Yoga:** This class will teach you to mindfully open and strengthen yourself while honoring your specific needs.

**Zumba:** Latin inspired dance fitness class using hypnotic rhythms. You will experience such dances as the merengue, flamenco, belly dance, hip hop, cha-cha, tango, reggaeton, cumbia, mambo, and salsa! Burn between 700-1000 calories per class while having tons of fun!

**Zumba Gold:** Toning for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.