



# Group Fitness

## NOVEMBER 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>Bootcamp</b> Lynnette <i>*45 minute class</i>	<b>Mind/Body</b> Susan <i>*45 minute class</i>	<b>Circuit</b> Susan <i>*45 minute class</i>	<b>Gutts &amp; Butts</b> Susan <i>*45 minute class</i>		
8:00am		<b>Pilates</b> Susan	<b>Zumba Gold</b> Rosa	<b>Hatha Yoga</b> Susan		<b>Tabata</b> Carmen	
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 Flow</b> Heather					
6:30pm	<b>30/30</b> Susan	<b>Drums Alive</b> Elone	<b>Gutts &amp; Butts</b> Susan	<b>Basic Yoga</b> Regina			
7:30pm	<b>HIIT</b> Michelle	<b>Zumba Gold</b> Elone		<b>Bootcamp</b> Lynnette			

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

Classes on Schedule Table in Blue Font are FREE to all SilverSneakers® Members.

**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/PM fitness classes will be canceled for that day. In the event that it's 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.

**30/30:** Half hour of cardio followed by a half our of strength training. You will be amazed how quickly this class goes by. All fitness levels are welcome.

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

**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 Conditioning:** 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.

**Circuit Crazy:** Wake up your body with this challenging circuit class. Always changing the circuits week to week. Get in, get out and the rest of your day will be a breeze.

**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.

**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.

**Mind & Body:** Connecting mind to body movement through Yoga, Pilates or a combination of both.

**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)** Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

**SilverSneakers Classic:** Increase muscle strength and range of movement, and improve activities for living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**SilverSneakers Yoga:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

**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 Flow:** Improve self confidence, build strength, blance and flexibility by learning moderate to advanced yoga. Taught movement by encouraging and accommodating environment. No yoga experience is necessary and all fitness and flexibility levels are welcome.

**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.