



February 2012

919-934-1408

600 Booker Dairy Rd.
Smithfield, NC 27577

Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Cycle (Sue) 9:45am Silver (Lois) 5:00pm Cycle (Mike) 6:00 Kids Zumba 7:00pm Zumba (Pretz)	2 8:30am Blast (Adriane) 9:30am Zumba (Patricia) 6:00pm TotalBody (Steph) 7:00pm Cycle (Mike)	3 8:30am Cycle (Sue) 9:45am Silver (Lois) 6:00pm Zumba (Pretz)	4 9:00am Cycle (Mike) 10:00am TotalBody (Steph)
6 9:45am Silver (Lois) 5:00pm Cycle (Sue) 6:00pm PiYo (Chela) 7:00pm Tai Chi (Mike-B)	7 8:30am Blast (Adriane) 9:30am Zumba (Patricia) 5:00pm Cycle (Mike) 6:00pm TotalBody (Steph)	8 8:30 Cycle (Sue) 9:45am Silver (Lois) 5:00pm Cycle (Mike) 6:00pm Hustle (Chela) 6:00 Kids Zumba (MP) 7:00pm Zumba (Pretz)	9 8:30am Blast (Adriane) 9:30am Zumba (Patricia) 6:00pm TotalBody (Steph) 7:00pm Cycle (Mike)	10 8:30am Cycle (Sue) 9:45am Silver (Lois) 6:00pm Zumba (Pretz)	11 9:00am Cycle (Mike) 10:00am TotalBody (Steph) 11:30am TurboKick(Chela)
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20 9:45am Silver (Lois) 5:00pm Cycle (Sue) 6:00pm PiYo (Chela) 7:00pm Tai Chi (Mike) <small>(will be in Group Fitness Room)</small>	21 8:30am Blast (Adriane) 9:30am Zumba (Patricia) 5:00pm Cycle (Mike) 6:00pm TotalBody (Steph)	22 8:30 Cycle (Sue) 9:45am Silver (Lois) 5:00pm Cycle (Mike) 6:00pm Hustle (Chela) 6:00 Kids Zumba (MP) 7:00pm Zumba (Pretz)	23 8:30am Blast (Adriane) 9:30am Zumba (Patricia) 6:00pm TotalBody (Steph) 7:00pm Cycle (Mike)	24 8:30am Cycle (Sue) 9:45am Silver (Lois) 6:00pm Zumba (Pretz)	25 9:00am Cycle (Mike) 10:00am TotalBody (Steph)
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Playroom Hours:

Monday-Friday 8:00am-11:00am
4:30pm-8:00pm
Saturday 9:00am-12:00pm

SRAC – Group Fitness Class Descriptions

All classes are 1 hour unless noted

SRAC Hours:

Monday-Thursday 5:30am-9:00pm
Friday 5:30am-8:00pm
Saturday 8:00a,-5:00pm
Sunday 1:00pn-5:00pm

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 lots of calories, increase lower-body strength and cardiovascular endurance. Bike resistance is self-adjusted so you can choose your own intensity level! **LIMITED BIKES are available . A bike pass is required to participate. To reserve your bike, you must pick up a bike pass at the front desk. Bike passes will be available beginning 30 minutes prior to the start of class and distributed on a first-come, first-serve basis. Only ONE pass per person. Bottled water and a towel are required for all participants.**

Hip Hop Hustle™ -If you love to dance, but find most hip hop and dance workouts too complicated to get a good workout, then you have found your solution! We funk-da-fy simple to follow, easy to learn dance steps that allow you to really burn fat and calories! No dance experience required! This workout feels more like a night on the town than exercise.

Total Body Conditioning-A complete workout that combines cardio and conditioning segments that burn fat, improves endurance, muscle tone and strength! Be prepared to challenge yourself, sweat and have fun with these easy-to-follow short intervals of cardio drills followed by lower and upper body exercises. Spend the last 15-20 minutes with functional core work for abs & lower back plus a well-deserved relaxing stretch.

Turbo Kick® - A fat-blasting cardio workout that allows you to burn lots of calories in just an hour! A mix of kickboxing and simple dance moves set to heart pounding dance music that will have you looking forward to your next workout! You'll kick, punch and groove your way to a brand new body in this fun action-packed, cardiovascular workout.

Turbo Sculpt- An energizing workout that focuses on tightening and toning your whole body by working your entire body all at once. The workout combines body sculpting techniques, dance moves, kick boxing, and cardio intervals. If you want to burn fat, build muscle and have a great time, turbo sculpt is for you!

BootCamp- Provides a high intensity cross training class alternating intense, repetitive aerobic activity with a variety of muscle-toning activities using resistance weights and a variety of exercises to focus on toning.

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*

Tai Chi-Tai Chi, as it is practiced in the west today, can perhaps best be thought of as a moving form of yoga and meditation combined. Many of these movements are originally derived from the martial arts although, the way they are performed in Tai Chi is slowly, softly and gracefully with smooth and even transitions between them.

PiYo- a unique blend of Pilates, yoga, dance training, and sports conditioning that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

Blast-High interval training with aggressive stretching to lean and sculpt your body. High intensity class uses intervals of strength, power resistance and ab/core training