























# Activities Calendar

## September 2022

Monday	Tuesday	Wednesday	Thursday
5 <i>No Classes- School Closed</i>	6  <b>Yoga</b> 3:45 pm- RCES (Music Room)   <b>Low Impact Aerobics</b> <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	7  <b>fitness CIRCUIT</b> 3:45 pm- RCHS (Room 110)	8  <b>Meditation &amp; Relaxation</b> 3:45 pm- RCES (Music Room)  <b>wellness workshop</b> Meal Prep- 4:20 RCES (ABL)   <b>Low Impact Aerobics</b> <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)
12  <b>Monday FUN DAY!</b> 3:45 pm- RCES Playground (park around back by Aux Gym)	13  <b>Yoga</b> 3:45 pm- RCES (Music Room)	14 <i>No Classes- C2BF Team out of town</i>	15  <b>Meditation &amp; Relaxation</b> 3:45 pm- RCES (Music Room)   <b>Low Impact Aerobics</b> <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)
19  <b>Monday FUN DAY!</b> 3:45 pm- RCHS Bus Loop   <b>wellness workshop</b> BlazePods Reflex Training 4:20 pm- RCHS (Room 110)	20  <b>Yoga</b> 3:45 pm- RCES (Music Room)   <b>Low Impact Aerobics</b> <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	21  <b>fitness CIRCUIT</b> 3:45 pm- RCHS (Room 110)	22  <b>Meditation &amp; Relaxation</b> 3:45 pm- RCES (Music Room)   <b>Low Impact Aerobics</b> <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)
26  <b>Monday FUN DAY!</b> 3:45 pm- RCES Playground (park around back by Aux Gym)	27  <b>Yoga</b> 3:45 pm- RCES (Music Room)   <b>Low Impact Aerobics</b> <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	28 <i>Early Release- No Classes</i>	29 <i>No School for Students- No Classes</i>

**Special Event- Art of Aging Lifestyle & Wellness Expo**  
Sept. 10<sup>th</sup> from 10 am- 2 pm

Rapp at Home (567 Mt. Salem Ave., Washington)

[www.agingtogether.org/expo](http://www.agingtogether.org/expo)

*C2BF will be one of the many vendors at this event. Be sure to stop by the C2BF booth for a chance to win a prize!*

 **commit to be fit**  
[www.rappc2bf.com/activities](http://www.rappc2bf.com/activities)  
Follow us on FB & IG: rappc2bf

# Class Descriptions & Information



Kick off your week with FUN games such as 9 Square in the Air, BlazePod challenges, and more!  
**Location:** Keep an eye on the schedule as it will vary **Duration:** 30 min.  
**Instructor:** Holly, Jermey, & Jackie



This circuit alternates between cardio and strength training exercises. Modifications are available to make it appropriate for most levels.  
**Location:** RCHS Rm. 110 (park in small parking lot off the side of bus lane) **Duration:** 30 min.  
**Instructor:** Holly, Jermey, & Jackie



Increase your heart rate in this low-impact cardio workout with a fun Zumba flair!  
**Location:** RCHS Rm. 110 (park in small parking lot off the side of bus lane) **Duration:** 60 min.  
**Instructor:** Gail



This class is designed to help calm the mind, relax the body, ease muscle tension, and may help to relieve pain. Typically, class begins with a gentle stretch to relax the body. The class continues with meditation, which is usually done lying on mats, so please be aware if you have a condition that prevents this. Alternate position are available such as sitting in a chair.  
**Location:** RCES Music Room (use main entrance) **Duration:** 30 min.  
**Instructor:** Rich



This class is a warm and welcoming group that gathers to relieve stress, improve strength, balance, and flexibility, relax deeply, see more clearly, giggle a little, and practice mindfulness and meditation.  
**Location:** RCES Music Room (use main entrance) **Duration:** 60 min.  
**Instructor:** Miranda



**BlazePod Reflex Training** Used by professional athletes to fitness beginners, BlazePods are a fun way to test and improve your reflex and reaction time. When combined with fun activities and games, you won't even realize you are working out.  
**Location:** RCHS Rm. 110 (park in small parking lot off the side of bus lane) **Duration:** 30 min.  
**Instructor:** Holly

## Meal Prep

Join us for our popular meal prep workshop. Each month we will have a different recipe to prepare. Bring one of the ingredients to share and take home an entire meal ready to cook (or freeze). Specific recipe and ingredients list will be shared in the monthly newsletter. **Sign-up is required to participate.** For more information, email Jackie at [jtederick@rappahannockschoools.us](mailto:jtederick@rappahannockschoools.us).  
**Location:** Varies (see monthly schedule) **Duration:** 30 min.  
**Instructor:** Jackie

**About C2BF Activities-** Classes, workshops, and events are offered FREE OF CHARGE for RCPS staff and Rapp community members (18 years and older). We look forward to seeing you in class! For more information on our activities, email Holly at [hjenkins@rappahannockschoools.us](mailto:hjenkins@rappahannockschoools.us).

**Class Cancellations-** While we always try our best to keep to the schedule, sometimes unforeseen cancellations may occur. In the event of a class cancellation, we will post this information on the Commit to Be Fit FB GROUP page. You may also sign up for notifications to be sent to your cell phone. Please visit [www.rappc2bf.com/activites](http://www.rappc2bf.com/activites) for more details. Please note that classes are not held when school is not in session for students. When RCPS is closed, releases early, or cancels all afterschool activities, our classes and workshops will not meet.