
























Activities Calendar

November 2022

Monday	Tuesday	Wednesday	Thursday
31  Walking Group 3:45 pm- RCES by flagpole	1 <i>No Classes/ Early Release</i>	2 <i>No Circuit/C2BF Out of Town</i>	3  Meditation & Relaxation 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)
7  Walking Group 3:45 pm- RCES by flagpole	8  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	9  fitness CIRCUIT 3:45 pm- RCHS (Room 110)	10  Meditation & Relaxation 3:45 pm- RCES (Music Room)
14  Walking Group 3:45 pm- RCES by flagpole	15  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	16  fitness CIRCUIT 3:45 pm- RCHS (Room 110)  wellness workshop Meal Prep- 3:45 RCES (ABL)	17  Meditation & Relaxation 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)
21  Walking Group 3:45 pm- RCES by flagpole <i>*Virtual Turkey Trot Begins</i>	22  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	23 <i>No Classes/ School Closed</i>	24 <i>No Classes/ School Closed</i>
28  Walking Group 3:45 pm- RCES by flagpole	29  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110)	30  fitness CIRCUIT 3:45 pm- RCHS (Room 110)	 commit to be fit www.rappc2bf.com



Complete your own walk, trot, or run **anywhere, any distance, and anytime between Nov. 21st and Nov. 28th**. Registration details and **PRIZES** will be announced soon on our website at www.rappc2bf.com/Turkey2022. It's going to be a "gobble gobble" good time!

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
Instructor: Holly, Jermey, & Jackie
Duration: 30 min.



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)
Instructor: Holly, Jermey, & Jackie
Duration: 30 min.



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)
Instructor: Gail
Duration: 60 min.



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)
Instructor: Rich
Duration: 30 min.



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)
Instructor: Miranda
Duration: 60 min.



Walking in more fun with others! Get your heart rate up and your steps in with this thirty minute walking club. The group meets at the flag pole and often walks around school grounds and up to the bank. In the event of poor weather, it will be moved indoors to incorporate laps around the interior hallways of the elementary school.
Location: RCES (Meet at Flag Pole)
Instructor: Amy
Duration: 30 min.



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.
Location: Varies (see monthly schedule)
Instructor: Jackie
Duration: 30 min.

About C2BF Activities- Classes, workshops, and events are offered FREE OF CHARGE for RCPS staff and Rapp community members (18 years and older). Registration is only required for Meal Prep. Drop-in for all other classes and join us! For more information on our activities, email Holly at 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. Additionally, we will email our newsletter group. To sign-up for this group, visit our website and register at the bottom of the homepage. 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.