




Activities Calendar

January 2023

| Monday | Tuesday | Wednesday | Thursday |
|---|--|--|---|
| 2 <i>No Classes</i> | 3 <i>No Classes</i> | 4 <i>No Classes</i> | 5 <i>No Classes</i> |
| 9  Walking Group 3:45 pm- RCES by flagpole | 10  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110) | 11  fitness CIRCUIT 3:45 pm- RCHS (Room 110) | 12  Meditation & Relaxation 3:45 pm- RCES (Music Room) |
| 16 <i>No Classes/School Closed</i> | 17  Yoga 3:45 pm- RCES (Music Room)  wellness workshop Meal Prep 3:45 pm- RCES (ABL) | 18  fitness CIRCUIT 3:45 pm- RCHS (Room 110) | 19  Meditation & Relaxation 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110) |
| 23  Walking Group 3:45 pm- RCES by flagpole  wellness workshop Intro to Strength Training 3:45 pm- RCHS (room 110) | 24  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110) | 25  fitness CIRCUIT 3:45 pm- RCHS (Room 110) | 26  Meditation & Relaxation 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110) |
| 30  Walking Group 3:45 pm- RCES by flagpole | 31  Yoga 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110) | 1  fitness CIRCUIT 3:45 pm- RCHS (Room 110) | 2  Meditation & Relaxation 3:45 pm- RCES (Music Room)  Low Impact Aerobics <i>with a Zumba flair!</i> 5 PM- RCHS (Room 110) |

Class Descriptions & Information



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, Kayla, & 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



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)

Duration: 30 min.

Instructor: Amy



Intro to Strength Training

New to strength training? Join us for a helpful introduction to basic body weight and dumbbell exercises that you can do at home. Participants will be given a handout of exercises and an opportunity to win a prize!! Sign-up is NOT required.

Location: RCHS (Room 110)

Duration: 30 min.

Instructor: C2BF Team



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@rappahannockschoos.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). 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@rappahannockschoos.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.