
















Activities Calendar

May 2023

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p> Walking Group 3:45 pm- RCES by flagpole</p>	<p>2</p> <p> Yoga 3:45 pm- RCES (Music Room)</p>	<p>3</p> <p> fitness CIRCUIT 3:45 pm- RCHS (Room 110)</p>	<p>4</p> <p> Meditation & Relaxation 3:45 pm- RCES (Music Room) <i>Sign-up Required</i></p>
<p>8</p> <p> Walking Group 3:45 pm- RCES by flagpole</p>	<p>9</p> <p> Yoga 3:45 pm- RCES (Music Room)</p>	<p>10</p> <p> fitness CIRCUIT 3:45 pm- RCHS (Room 110)</p>	<p>11</p> <p> Meditation & Relaxation 3:45 pm- RCES (Music Room) <i>Sign-up Required</i></p>
<p>15</p> <p> Walking Group 3:45 pm- RCES by flagpole</p>	<p>16</p> <p> Yoga 3:45 pm- RCES (Music Room)</p>	<p>17</p> <p> fitness CIRCUIT 3:45 pm- RCHS (Room 110)</p>	<p>18</p> <p> Meditation & Relaxation 3:45 pm- RCES (Music Room) <i>Sign-up Required</i></p>
<p>22</p> <p> Walking Group 3:45 pm- RCES by flagpole</p>	<p>23</p> <p><i>No Classes/Early Release</i></p>	<p>24</p> <p><i>No Classes/Early Release</i></p>	<p>25</p> <p><i>No Classes/Early Release</i></p>

NEW- Meditation & Relaxation is now offered on a sign-up basis. To sign-up, email hjenkins@rappahannockschoools.us by Wednesday evenings. We hope to see you there!



IMPORTANT DATES

- May 11th**- Final Day to Earn Points
- May 12th**- May 19th- Last Chance to Redeem Points for Prizes
- May 1st- May 31st**- May Challenge- Go Outdoors & Play
- May 22nd**- Final class of SY22-23

Class Descriptions & Information



This circuit alternates between cardio and strength training exercises. Modifications are available to make it appropriate for advanced and intermediate levels.

Location: RCHS Rm. 110 (park in small parking lot off the side of bus lane)

Duration: 30 min.

Instructor: C2BF team



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 positions are available such as sitting in a chair.

Location: RCES Music Room (use main entrance)

Duration: 30 min.

Instructor: Rich

***Sign-up required.** Email hjenkins@rappahannockschoools.us by Wednesday evening to reserve your spot.



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

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 & Meditation.** Drop-in for all other classes and join us! For more information on our activities, c2bf@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.**

Follow us on FB & IG: [rappc2bf](https://www.facebook.com/rappc2bf)

www.rappc2bf.com

Email: c2bf@rappahannockschoools.us

