

RFit Group Coaching

2019

WINTER I SESSION

6 Weeks: Jan 14 – Feb 24

1-Hour Classes: \$72 M
45min Classes: \$56 M

WINTER II SESSION

6 Weeks: Feb 25 – April 7

1-Hour Classes: \$72 M
45min Classes: \$56 M

SPRING SESSION

6 Weeks: April 8 – May 19

1-Hour Classes: \$72 M
45min Classes: \$56 M

** A prorated fee will be charged for classes that fall on a Holiday*

RFit Total body blast

This class alternates cardio and strength training intervals for maximum calorie burn. You will effectively work every muscle group in this class.

Monday 10:00-11:00 am
Monday 5:30-6:30 pm
Wednesday 9:00-10:00 am
Friday 10:00-11:00 am

RFit Tabata

Tabata training is a high intensity interval training (HIIT) workout, typically featuring exercises that last between 2 and 4 minutes, where you work hard for 20 seconds, then rest for 10. Although moves are repeated in a Tabata format, this class will not feel dull. This class is offered as a 45 minute lunch time workout.

Tuesday 12:00-12:45 pm
Thursday 12:00-12:45 pm

RFit Circuit

Circuit is designed to expose participants to more equipment, because exercises are set up in stations. Participants rotate through all stations in this hour long class.

Tuesday 9:00-10:00 am
Thursday 9:00-10:00 am
Friday 12:00-12:45 pm

RFIT Yoga (Matt Tomayko)

These classes are designed specifically for tennis players! We target lengthening hamstrings to help relieve back pain, strengthening small back muscles to improve posture and protect shoulders and elbows, developing core stability and balance, and massaging and releasing the feet. No experience is necessary!

Monday 8:30am-9:30am
Tuesday 7:00pm-8:00pm
Saturday 10:00am-11:00am

RFit Yoga Sculpt

Yoga sculpt features a format that includes a bit of basic yoga, lots of strength, and some cardio. This class uses light weights and a mat. This class is done barefoot or with grippy socks.

Monday 1:30-2:30 pm
Wednesday 12:00-12:45pm

RFit Group Coaching Registration

Name: _____

Phone: _____ E-mail: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Yoga 8:30-9:30 am <input type="checkbox"/> Total body blast 10:00-11:00 am <input type="checkbox"/> Yoga Sculpt 1:30-2:30 pm <input type="checkbox"/> Total body blast 5:30-6:30 pm	<input type="checkbox"/> Circuit 9:00-10:00 am <input type="checkbox"/> Tabata 12:00-12:45 pm <input type="checkbox"/> Yoga 7:00-8:00 pm	<input type="checkbox"/> Total body blast 9:00-10:00 am <input type="checkbox"/> Yoga Sculpt 12:00-12:45 pm	<input type="checkbox"/> Circuit 9:00-10:00 am <input type="checkbox"/> Tabata 12:00-12:45 pm	<input type="checkbox"/> Total body blast 10:00-11:00 am <input type="checkbox"/> Circuit 12:00-12:45 pm	<input type="checkbox"/> Yoga 10:00-11:00 am

Full Payment is required at registration:

Charge: RRC Account American Express Visa MasterCard Discover

CC # _____ Exp. _____

Enclosed class fee(s) \$ _____ (Checks payable to Raleigh Racquet Club)

Signature: _____ Date: _____

How to Register:

1. Full payment must be received to complete registration. A registration is for the same class for **6 weeks**.
2. Applications accepted on a first come, first served basis. Min of 3 & Max of 10 members per instructor, unless otherwise noted.
3. You may drop-in for a single class based on space availability. **Drop-in rate: \$15/person for 60 min. OR \$12/person for 45 min.**
4. Non-members may take one session of group coaching at a 25% NM up charge. Membership will be required to continue in future sessions.
5. To request a make-up or for more information, please contact: Emily Jackson, **(919) 876-0565** or emily@rrctennis.com for RFIT Yoga contact Matt Tomayko: mattT@rrctennis.com
6. Please allow 48 hours notice to book your make up. Please note - make-ups do not carry over to the next session.