

RFC NEWSLETTER

LET THE FUN AND FESTIVITIES BEGIN!

FIT-N-FESTIVE—SMALL GROUP TRAINING

Mondays, Nov. 18 – Dec. 16 | 1:00 – 1:45pm | GA Fitness Floor

Stay motivated and continue to prioritize your well-being throughout the holiday season with weekly trainer-led workouts, a weekly training plan, and a private MS Team for group support. Workouts will be a mix of cardio, strength, mobility, and mindfulness training. All levels welcome; workouts will be tailored to individuals in this small group. Register to join in the fun and festivities today no later than Thursday, Nov. 14.

RFC TURKEY TROT

Grab some canned goods, your co-workers and/or eligible family members and join us for a beautiful pre-Thanksgiving 3.1-mile run, walk, or trot around campus on Tuesday, Nov. 26 at 11:30am. Register no later than Monday, Nov. 25 to start celebrating the season of giving at the RFC.

ROCKIN' AROUND THE RFC FOR THE HOLIDAYS

We'll be rockin' around the RFC and celebrating the holidays with special themed classes Dec. 16 – 20! Be sure to mark your calendar to join us for all the festive fun! No registration required unless otherwise noted.

HOT CHOCOLATE HOLIDAY HIKE

Wednesday, Dec. 18 | 11:30am | Picnic Shelter

Hit the SAS trails for a beautiful campus hike followed by hot chocolate at the Picnic Shelter. Make it a team social and invite your co-workers or family (ages 0-25.) Not in the Cary, NC area? Hike at home and then post your finisher's photo including your hot chocolate to the Endurance Group on Viva Engage. Register no later than Tuesday, Dec. 17 to join us for some pre-holiday cheer!



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WEEKLY FITNESS & WELLNESS CLASSES

- **Step**—Mondays, 11:30am – 12:00pm | GA Studio
- **A.B.C. (Abs, Back & Core)**—Mondays, 12:00 – 12:30pm | GA Studio
- **R.F.C. Circuit**—Mondays, 4:30 – 5:15pm | G Cardio + Strength
- **Yoga Flow**—Tuesdays, 4:30 – 5:30pm | GX Studio
- **Water Aerobics**—Wednesdays, 8:00 – 8:45am | GN, Natatorium
- **Yoga Challenge**—Wednesdays, 11:15am – 12:00pm | GX Studio
- **Morning Yoga**—Thursdays, 8:00 – 8:45am | GX Studio
- **R.F.C. Circuit**—Thursdays, 12:00 – 12:45pm | G Cardio + Strength

No registration required unless otherwise indicated. Visit the [online class schedule](#) for instructor information and/or class updates.

“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.” (Charles Dickens)

WELCOME TO THE RFC!

The RFC is open to SAS employees, spouses, registered domestic partners, immediate family members ages 18–25, and retirees in accordance with the following:

A safety waiver is required for all participants.

Campus gates will remain closed and all building doors will remain locked.

Employees and retirees must bring a valid SAS ID.

Family members must be registered in the Visitor Registration System in order to be validated and granted access to all RFC buildings.

All participants are required to sign in upon entering any RFC building.

MARK YOUR CALENDAR

CYCLE/TREAD CLASSES

Tuesdays & Fridays | 12:00 – 12:45pm | G Cardio Room

Take a break to spin or tread to fun upbeat music in this 45-minute all levels cardio class! Workouts feature a mix of endurance, sprints, and intensity. Friday Parties feature all the sweat of our normal Cycle/Tread in a relaxed atmosphere. Instructors turn up the fun with games, trivia, and class themes. Each month, we'll pause from our regularly scheduled programming to feature Cycle/Tread + Yoga – a 25/20 split of cardio & yoga – and Row, Ride, Stride – rotate between cycling, rowing, and treading. All fitness levels welcome but space is limited. Register today for the class(es) of your choice. Drop ins only allowed if space permits.

- Cycle/Tread + Yoga—Fridays, Nov. 8 & Dec. 13
- Row, Ride, Stride—Tuesdays, Nov. 19 & Dec. 17

HOLIDAY CLASS INTERMISSIONS

There will be no live classes the following holiday weeks:

- Tuesday, Nov. 26 – Friday, Nov. 29 (Happy Thanksgiving)
- Monday, Dec. 23 – Friday, Dec. 27 (Happy Holidays)
- Monday, Dec. 30 – Friday, Jan. 10 (Happy New Year!)

Classes will resume on Monday, Jan. 13 with the 2025 Fitness Class Kickoff!



FINISH OUT THE YEAR STRONG

TRX FUNCTIONAL TRAINING CIRCUIT

Wednesdays, Nov. 6 – 20 & Dec. 4 – 11 | 12:00 – 12:45pm | Outdoor Platform

Come ready to work as you plank, push, pull, rotate, hinge, squat, and lunge your way through this challenging circuit using the TRX suspension trainer along with various other pieces of training equipment. Space is limited; register for the class(es) of your choice today.

STRENGTH CIRCUIT CLASS

Thursdays, Nov. 14 – Dec. 12 | 4:30 – 5:15pm | GA studio

Join us for a 6-week strength circuit series to learn and grow in all the basic lifts including squat, hinge, push, pull, and more. Challenge yourself through a high intensity workout with a focus on increasing weight each week and feeling strong and confident. All skill and fitness levels are welcomed. Register to join us no later than Monday, Nov. 4.

TEEN TRAINING ORIENTATION

Tuesday, Nov. 12 | 4:30 – 5:15pm | Building G

This one-time orientation includes a tour of the RFC facilities, an orientation to the fitness equipment and an overview of the teen training policies. After participation, your teen will be eligible to use the facilities in building G (with parental supervision) during specified teen training hours. Make sure both you and your teen are registered, dressed and ready to exercise; closed toe shoes are required. Space is limited; register no later than Tuesday, Nov. 5 to reserve your spots!

RFC VIDEO GALLERY

Working from home on Mondays? Traveling? Not in the Cary, HQ area?

Visit the [RFC Video Library](#) for on-demand workouts, meditations, breathwork and more!

New videos are added monthly and formats include:

- Cardio
- Strength
- Yoga
- Tai Chi
- Meditation
- And more!

Can't remember the link for your iPad or smart TV? Google "RFC Video Library" and it'll pop up!

FLOW & GO YOGA

- Fridays, 8:00am
- Nov. 1 - Dec. 13*
- Virtual Only (Zoom)

Join us virtually on Fridays to warm up or wake up. This 30-minute yoga flow practice is designed to cultivate space and create energy leaving you feeling present and centered for the day ahead.

*No class Friday, Nov. 29.



CARY ACADEMY— SWIM TEAM

The Cary Academy swim team will be using the Natatorium for practice from 3:45– 5:45pm, Monday through Friday, through mid-February.

Space will be limited at this time but at least two lanes will still be available for adult lap swim and water fitness.

Swim Meets

On the days that Cary Academy will be hosting a home swim meet, the Natatorium will close at 2:00pm for the day.

On the days that they have an away meet, Cary Academy will not practice and the entire pool will be open for free swim.

Upcoming Meet Dates

Nov. 21—Home

Dec. 5—Away

Dec. 12—Away

Dec. 19—Home

Jan. 16—Away

Jan. 23—Home

Jan. 30—Away

Feb. 11—Away

Please plan your workouts accordingly.



ON WEDNESDAYS WE DANCE!

ZUMBA

Wednesdays, Nov. 6 – 20 | 5:00 – 5:45pm | GA Studio

Come move to the beat on Wednesday nights to smile, salsa, shake, and sweat for 45-minutes while enjoying some fabulous heart-pumping international music.

DANCE & STRENGTH

Wednesdays, Dec. 4 & 11 | 5:00 – 5:45pm | GA Studio

Enjoy a fun combo class that will include dance and strength training. All skill and fitness levels are welcome. Classes are open to employees, eligible family members and retirees. Register today to reserve your spot in the studio to dance it out after work on Wednesdays.

HOLIDAY DANCE SOCIAL

Wednesdays, Dec. 18 | 5:00 – 6:00pm | GA Studio

Eat, drink, dance, and BE MERRY with the Wednesday night dance crew! It's a potluck. Bring a dish or treat to share. No experience needed, just a willingness to learn the steps, move, sweat and have a great time. Register today to join the party!



TAKE IT OUTSIDE THIS FALL AND WINTER

LUNCHTIME HIKE AT BOND PARK

Tuesday, Nov. 19 | 12:30 – 1:30pm | 2 miles

Hit the trails with the RFC to pre-burn off those Thanksgiving carbs before turkey day! Our February hike at Bond Park was canceled due to nasty weather, so we're giving it another shot and hosting our 2-mile hike at Bond Park Lake Loop this November. This hike is open to employees, eligible family members and retirees but space is limited. Register today to join us for the pre-holiday fun!

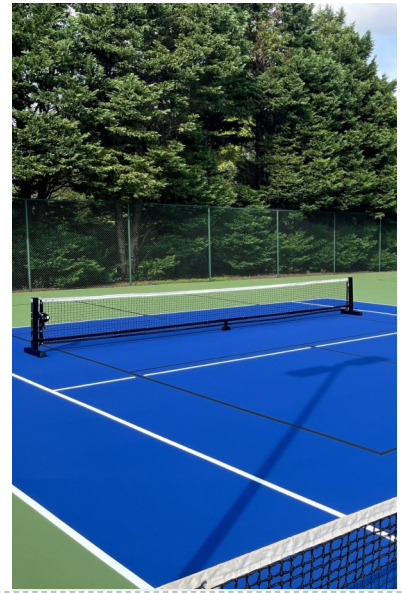
OUTDOOR COURTS—NEW & IMPROVED!

We are thrilled to announce that our pickleball and tennis courts have officially re-opened; better than ever and ready to welcome players of all skill levels!

Enjoy a smoother, faster game with our newly resurfaced courts and play day or night with our state-of-the-art LED lighting system. We've also added 2 more pickleball courts to meet the ever-growing demand!

Reservations are available in 45-minute increments up to two weeks in advance. Individuals are limited to one court/resource per time slot and two consecutive time slots per reservation. Participants will receive a confirmation email that will also include a calendar invite for each reservation from which your reservations can be managed or cancelled.

Online reservations are also available for our indoor courts, Rec Zone and more!



“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.” (Charles Dickens)

FIND YOUR SEASONAL SERENITY

MINDFUL MOVEMENT AND MEDITATION

Thursdays, Nov. 7 – 21 | 11:15am – 12:00pm | GX Studio

Synchronize your breath, body, mind and spirit in this mindful movement and meditation series to create a sense of calm to carry with you through your day. Throughout the series we'll explore an eclectic blend of mindful movement and meditation practices including qigong, tai chi, yoga and creative movement as well as mindfulness meditation. No experience necessary; register to join us no later than Thursday, Nov. 21.

FALL INTO STILLNESS—RESTORATIVE YOGA

Tuesday, Nov. 19 | 4:30 – 5:30pm | GX Studio

In nature, the autumn season reminds us to quiet down and to let go. Join us this fall for a 60-minute restorative yoga class to unplug from distractions, soothe the nervous system, and tune into stillness as we prepare for the hustle and bustle of the holiday season. Register to join us no later than Thursday, Nov. 14.

DECEMBER REST & RESTORE

Thursdays, Dec. 5 - 19 | 11:15am - 12:00pm | GX Studio

Take time to slow down, relax and practice some self-care this holiday season. Enjoy gentle movement to release physical tension and stress before melting into a guided Yoga Nidra complete with essential oils that will leave you restored from the inside out. Register for the class(es) of your choice no later than Monday, Dec. 16.





DISCOUNTS TICKETS—ON SALE NOW!

CAROLINA HURRICANES

Discounted tickets are on sale now for the following select games –

- Saturday, Nov. 16 vs. Ottawa Senators | 7:00pm
- Friday, Nov. 29 vs. Florida Panthers | 3:00pm
- Tuesday, Dec. 3 vs. Seattle Kraken | 7:00pm
- Tuesday, Dec. 17 vs. NY Islanders | 7:00pm
- Saturday, Jan. 4 vs. Minnesota Wild | 7:00pm
- Saturday, Feb. 1 vs. LA Kings | 7:00pm
- Friday, March 14 vs. Detroit Red Wings | 7:00pm

Tickets available first-come, first-served; purchase yours while supplies last!

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” (Mao Zedong)

WELLNESS ROOM

The Wellness Room, located in building GA, is designed to provide a designated space where employees can relax and rejuvenate body, mind and spirit through various modalities:

- Binaural Beats
- Massage Gun
- Normatec Recovery Boots
- Pulsed Electromagnetic Therapy Mat
- Red-light Therapy

Reservations are available in 45-minute increments up to 14 days in advance, Monday - Friday from 7:30am to 6:00pm. Make yours today to find your zen within!

PAMPER YOURSELF AT THE RFC

SCHEDULE AN APPOINTMENT

[Campus Cuts](#) | [Nail Salon & Skin Care](#) | [Massage Therapy](#)

Services are open to SAS employees, spouses/domestic partners, immediate family members and retirees. Appointments are available online through Vagaro* up to 90 days in advance.

CANCEL OR RESCHEDULE

To view or manage your appointments, hover over the circle in the top right cover of the page (with your photo or initials) and then click “Appointments”.

Use the “More” drop-down to cancel your appointment or the “Reschedule” tab to change the date and/or time.

VAGARO APP

Your first appointment must be scheduled online through our new Vagaro websites. If you would prefer to use the mobile Vagaro app for future appointments, please bookmark these pages online in order for them to be visible on the app.

*These links are for the Vagaro (third-party vendor) site, which does not belong to SAS. Please review the [Vagaro privacy policy](#) to determine how Vagaro will handle the information you provide. Please provide only the minimum information required in order to sign up for your service (for example, do NOT provide DOB). This external site is not reviewed or monitored by SAS.



T'IS THE SEASON OF GIVING AT THE RFC

I SUPPORT THE GIRLS—BRA & ESSENTIALS DONATIONS

Oct. 1 - Nov. 22 | Donations bins located in GA & GN Women's Locker Rooms

In the spirit of the season, we are extending the October drive through the week of Thanksgiving. We will continue to collect new and gently used bras as well as new, individually wrapped feminine hygiene products. These are two of the most requested but least donated items in many local homeless and women's shelters. All donations will go directly to I Support the Girls, a non-profit organization dedicated to restoring dignity to girls and women in crisis by providing them with the basic necessities they may lack access to.

ONE WARM COAT DRIVE

Nov. 1 - Dec. 13 | Donations bins located in bldgs. G, GA & GN

Join SAS and the RFC for our annual coat drive in conjunction with One Warm Coat, and help give the gift of warmth and comfort this winter to those in need. Please drop off your new or gently used adult or children's coats in the lobbies of buildings G, GA and GN in the RFC complex.

CANNED ORNAMENT—#GIVINGTUESDAY

Tuesday, Dec. 3 | 11:00am – 1:00pm | Picnic Shelter

The Canned Ornament program will return this December, just in time for #GivingTuesday (Dec. 3). Gather your team of 2 – 20 people, start collecting cans and other non-perishable items (peanut butter, pasta, paper towels, etc.) and designing your giant ornament that will “hang” on the giving tree that will be painted on the pavement at the picnic shelter. Employees will vote on their favorite ornament and all items will be donated to the Food Bank of North Carolina. Register your team no later than Monday, Nov. 25 to get into the spirit of the season at the RFC.

ACCOMODATIONS AVAILABLE

If you are curious about an offering or need an accommodation to enable you to have a supportive experience at the Recreation and Fitness Center, please contact the RFC Team.

Feedback and suggestions are always welcome!

FIND IT AT THE RFC !

Building G

- RFC Main Office
- Rec Zone
- Strength + Cardio
- Indoor Courts
- Men's Locker Rooms

Building GA

- Aerobics Studio
- Fitness Floor
- Women's Locker Room

Building GN

- Pool—10 lanes, 25 yards
- Locker Rooms

Building GX

- Mind/Body Studio
- On-Site Salon Services
- Book Exchange
- Conference Room



CONTACT US

Phone: 919-531-7900

Email: sasfamilysite@sas.com

HOURS OF OPERATION

7 a.m. - 7 p.m. * (Mon. - Thur.)

7 a.m. - 5 p.m. (Friday)

Closed (Sat. & Sun.)

*Natorium closes at 6 p.m.

HOLIDAY HOURS

Nov. 27—RFC Closes at 2 p.m.

Nov. 28 - 29—RFC Closed

Dec. 24—RFC Closes at 2 p.m.

Dec. 25 -Jan. 1—RFC Closed

SAS PRIVACY POLICY

By registering for any RFC event you are agreeing to the terms of the SAS Privacy Statement.

SAS is collecting Profile Information to facilitate your registration as a SAS employee, retiree or SAS employee dependent in campus events, but Profile Information may also be used to facilitate your registration for and participation in other programs offered through SAS and for other related purposes.

Profile Information will be made available to SAS Signup administrators and to other SAS departments and personnel who use the Profile Information for SAS retiree or SAS employee dependent program and activity registration. SAS may also disclose your profile information to third parties when (i) such third parties are acting on SAS' behalf or in furtherance of its business and such third parties are bound by law or contract to limit their own use of the Personal Information for appropriate purposes; (ii) the disclosure is otherwise legally permitted. SAS may also disclose your profile information to third parties with your consent or in the event of an emergency.

SAS will use reasonable physical, electronic, and managerial procedures to protect Profile Information from anticipated threats or hazards and from unauthorized access or use.

Should you have comments or questions about this Privacy Notice or the use of your Profile Information, you may contact SAS privacy counsel at privacy@sas.com.

By submitting Profile Information and using the Signup application you consent to the collection and use of your Profile Information by SAS for the purposes described above.

NOVEMBER/DECEMBER NEWSLETTER



SAS RECREATION & FITNESS CENTER

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