

February 2025

RFC NEWSLETTER

FEBRUARY IS HEART HEALTH MONTH

WEAR RED DAY—LET'S TALK ABOUT HEART HEALTH

Friday, Feb. 7 | 10:00 – 10:45am | Microsoft Teams

Let's talk about taking care of our heart as part of National Wear Red Day! Join special guests from the RFC and HCC for insights on our wellness and health, and maybe even some tasty, heart-healthy recipes. And don't forget to wear your RED for our traditional picture in honor of the day.

SELF-COMPASSION & LOVINGKINDNESS WORKSHOP

Friday, Feb. 14 | 12:00 – 1:00 pm | Virtual | Register by Friday, Feb. 7

Join me for a virtual, interactive wellness workshop as we explore some of the research related to self-compassion and lovingkindness. You'll have the opportunity to reflect and learn practices that will enhance your well-being.

FULL HEART FLOW

Tuesday, Feb. 25 | 4:30 – 5:30pm | GX Studio | Register by Thursday, Feb. 20

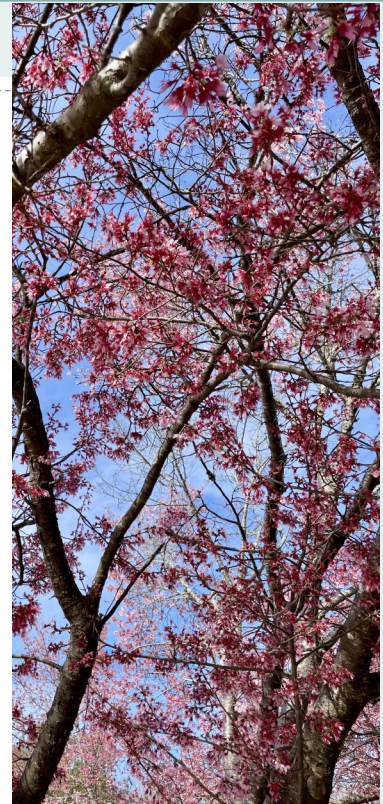
Allow the beauty of your heart to unfold and be your guide in this heart opening yoga flow practice. Breathe deep and move with intention as we target poses to open the heart and hips. Register today to join us for this heart healthy practice.

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. All fitness levels welcome but space is limited. And don't miss . . .

- Friday, Feb. 7—Wear RED Cycle/Tread + Yoga
- Tuesday, Feb. 18—Row, Ride, Stride



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.

Visit us online—<https://inside.sas.com/life/health-and-wellness/fitness-leisure/> (Employees)
https://www.sas.com/en_us/company-information/employee-retiree-services.html (External)



WEEKLY FITNESS & WELLNESS CLASSES

- **Strength Express**—Mondays, 12:00 – 12:30pm
- **R.F.C. Circuit**—Mondays, 4:30 – 5:15pm
- **Step & Core**—Tuesdays, 11:15am – 12:00pm | GA Studio
- **Yoga Flow**—Tuesdays, 4:30 – 5:30pm | GX Studio
- **Water Aerobics**—Wednesdays, 8:00 – 8:45am | GN (Feb. 5 & 12 only)
- **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
- **Strength Circuit**—Thursdays, 4:30 - 5:15pm | GA Studio
- **Flow & Go**—Fridays, 8:00 - 8:30pm | Virtual via MS Teams

“As you merge your heart, mind, and body, and give all that you are to optimizing your health, remember to love yourself and to be your own best friend.” (Bob Harper)

VISIT THE RFC

Building G

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

Building GA

- Aerobics Studio
- Fitness Floor
- Wellness Room
- 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

MARK YOUR CALENDAR

DANCE & STRENGTH

Tuesdays, Feb. 11 – 25 | 5:00 – 5:45pm | GA Studio

Come move to the beat on Wednesday nights with Angie! Enjoy a fun combo class that will include dance and strength training. All skill and fitness levels are welcome. Register today to dance it out after work!

INTRO TO TRX SUSPENSION TRAINING

Wednesday, March 5 | 12:00 – 12:45pm | Outside | Register by Friday, Feb. 28

Have you heard about the TRX Suspension Trainer and our outdoor TRX classes but haven’t had the chance to try them? Learn the history and principles behind the training as well as how to adjust the strap. We’ll round out the class by performing a sample of exercises that will leave you feeling ready to participate in all our TRX classes! Space is limited; register today!

COMING IN MARCH . . .

- TRX Strength - Wednesdays, March 12 - April 30 | 12:00 - 12:45pm

NATATORIUM CLOSING FOR RENOVATIONS IN FEBRUARY

The Natatorium will close at 6:00pm on Friday, Feb. 13 and will remain closed until mid-April. Renovations during this time will include replastering the pool shell and painting the interior support beams along with other facility maintenance items. Stay tuned for updates in the March/April Newsletter.

GET OUTSIDE THIS WINTER & SPRING

FEBRUARY OFF-CAMPUS HIKE

Tuesday, Feb. 25 | 11:30am – 12:30pm | 2 miles | Register by Monday, Feb. 24

The February off campus hike will be taking place at Bond Park Lake on the Bond Park Lake Trail. It is a paved and unpaved scenic loop trail that wraps around Bond Lake just a few minutes' drive from SAS campus.

MINDFUL WALK AND NATURE JARS

Wednesday, Feb. 26 | 12:00 – 12:45pm | Meditation Garden

Enjoy the chill of winter as we tap into our senses and mindfully stroll outside. We'll gather treasures and create nature jars as a reminder to breathe deep and enjoy the great outdoors! Bring a glass jar to showcase your treasures. Register by Wednesday, Feb. 19 to enjoy the beauty of the season.



RECREATIONAL ULTIMATE FRISBEE LEAGUE

Games will be played on Tuesdays and Thursdays. Teams will be drafted the week of Feb. 17; captains are needed. League champions will be determined by participation points. Register no later than Thursday, Feb. 13 to join in the fun!

SPRING SOCCER LEAGUES

This lunchtime league will begin in early March. Competitive games will be played on Wednesdays, and recreational games will be played on Fridays. The draft day is TBA, but captains are needed at this time! Register no later than Friday, Feb. 21 to participate in one or both leagues.

SPRING FLAG FOOTBALL

This lunchtime league will begin in early March and wrap up in late spring. Games will be played on Mondays and the league/tournament format will be determined based on the final registration numbers. Register no later than Friday, Feb. 28 to be drafted this spring; captains needed!

RECREATIONAL SOFTBALL LEAGUE

Whether you are a seasoned pro or just starting out, this fun-filled after-work softball league is the perfect way to get active and meet new people. Register no later than Friday, March 7 to join a team.

RFC SALON

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.

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

*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. This external site is not reviewed or monitored by SAS.

JACKSON HEWITT TAX PREPERATION

Enjoy 25% off standard pricing. Fees are determined based on the complexity of the return. Appointments are available at all of their local offices: Raleigh, Cary, Clayton, Garner, Durham, Smithfield and Sanford. To schedule, please call Sheila Beasley, 919-827-1000.

CAROLINA HURRICANES

Discounted tickets are [on sale now](#) for select games.

- March 1 (Oilers)
- March 11 (Lightning)
- March 14 (Red Wings)
- March 25 (Predators)



CONTACT US

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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.)

*Natatorium closes at 6 p.m.

NATATORIUM CLOSURE

Friday, Feb. 14 - mid-April

Pool closed for renovations

COMING IN MARCH . . . REGISTER TODAY!

See what's coming next month and be ready to spring forward with the RFC—Registration is now open for the following:

Stretch, Relax & Renew

- Thursdays, March 6 - 27 | 11:15am - 12:00pm | GX Studio

Well-being Orientation

- Thursday, March 13 | 12:00 - 12:45pm | MS Teams

Vision Board & Mindful Movement Wellness Retreat at the RFC

- Saturday, March 22 | 8:30am - 12:00pm | GX Studio & GX002

Teen Training (ages 13-17)

- Thursday, March 27 | 4:45 - 5:45pm | Building G

AND DON'T MISS . . .

RFC Video Gallery (Fitness & Wellness on Demand)—

- New Videos posted monthly—<https://rfc.gallery.video/>

PRIVACY POLICY

By registering for any RFC event you are agreeing to the terms of the SAS Privacy Statement. Please visit https://www.sas.com/en_us/company-information/employee-retiree-services.html for more information or contact SAS privacy counsel at privacy@sas.com with any comments or questions.

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