



RFC Retiree & Family News



March 2024

*“Winds of March, we welcome you, there is work for you to do.
Work and play and blow all day, blow the winter wind away.”
~Unknown*

Fitness & Wellness Classes – Join us weekly* at the RFC this spring!

- **Mashup**—Mondays, 11:30am – 12:00pm (Step) | 12:00 – 12:30pm (Abs, Back & Core) | GA Studio
- **Cardio Circuit** – Mondays, 4:30 – 5:15pm | GA Fitness Floor
- **Cycle/Tread** – Tuesdays, 12:00 – 12:45pm | G Cardio (Space is limited; registration encouraged)
- **Evening Yoga** – Tuesdays, 4:30 – 5:30pm | GX Studio
- **Morning Water Aerobics** – Wednesdays, 8:00 – 8:45am | GN, Natatorium
- **Yoga Challenge** – Wednesdays, 11:15am – 12:00pm | GX Studio
- **Resistant Functional Conditioning (R.F.C)** – Wednesdays, 12:00 – 12:45pm | G Cardio + Strength
- **Morning Yoga** – Thursdays, 8:00 – 8:45am | GX Studio
- **Cycle/Tread Party**– Fridays, 12:00 – 12:45pm | G Cardio (Space is limited; registration encouraged)

*There will be no live classes March 25 - 29. Recommended on-demand workouts from our video library will be available during this time. Live classes will resume on Monday, April 1.

Flow & Go

March 1 – April 26 | 8:00 – 8:30am | Zoom | Register by Thursday, April 4

Join us Fridays via zoom to wake up and warm up with a short yoga practice that will create space and cultivate energy for the day ahead. Register today to start your Friday off on the right foot.

Ballet Strength

Thursdays, March 7 & 21 | 11:15am – 12:00pm | GA Studio | Register by Thursday, March 21

Improve your posture, strengthen your core, and challenge your endurance in this 45-minute ballet-inspired workout. No dance experience required!

Pi Day Challenge (3.14k)

Thursday, March 14 | 11:00am – 1:30pm | Building G | Register by Thursday, March 7



Join us for a 3.14k (~2 miles) run/walk in honor of Pi Day 2024. Participants will start at the RFC, run to the Pi in the Sky sculpture at Building C for moon pies and pics and then head back to the RFC for a customized Pi Day Challenge sticker.

Cycle/Tread + Yoga

Friday, March 15 & Tuesday, April 30 | 12:00 – 12:45pm | G Cardio & Strength

Join us for a special mashup that includes 30 minutes of your choice of cycling or treading followed by ~15 minutes of yoga. All fitness levels welcome but space is limited. Register to reserve your space today.

Outdoor Grass Volleyball League 4 v. 4

Mondays & Wednesdays | Lunchtime | Register by Friday, March 15

Looking for a sport that will get you outside this Spring? Join our vibrant volleyball community and play in the Outdoor Volleyball League. This competitive league will begin in late March and will include a round robin schedule followed by a season ending tournament to determine the league champions.

Row, Ride, Stride

Friday, April 19 or Tuesday, April 30 | 12:00 – 12:45pm

Rotate between cycling, rowing, and treading in this 45-minute cardio class. All fitness levels are welcome. Space is limited; register for the class(es) of your choice to reserve your spot today!

Spring Serenity Yoga and Meditation

Tuesday, March 19 | 4:30 – 5:30pm | GX Studio | Register by Friday, March 15



Celebrate spring equinox and cultivate serenity with this blended practice. We'll move through a slow flow and end with a guided yoga nidra meditation experience with essential oils that is sure to leave you feeling calm and at ease. Space is limited; register to reserve your spot today.

March Mayhem Free Throw/3 Point Contest

Wednesday, March 20 | 11:30am | Register by Monday, March 18

Enjoy a competitive twist on the traditional free throw/3 point contest. Participants will be given 1 minute to score as many points as possible. Winners in each category will receive a prize! Register today to join in the fun this March!

TRX Strength

Thursdays, March 21 – April 25 | 12:00 – 12:45pm | Outdoor Platform | Register by Monday, April 22

Enjoy a TRX strength workout on our beautiful outdoor platform this spring! TRX classes are designed for all levels of fitness with the goal of improving strength, balance, flexibility and core stability. Space is limited; register for the class(es) of your choice.

Bracket Busters Workout

Thursday, March 21 – Monday, April 8 | Online | Register by Friday, March 15



Spring means NCAA basketball in the Triangle area and across the U.S. But you don't have to be a sports enthusiast to participate in this tournament-themed workout!

Register for this 3-week program that begins with the first round of 64 starting on March 21 and ends with the Championship on April 8. Workouts will be sent to you via email, and you can follow them at a time and place that is convenient for you. Options

will be given so that you can participate at your own pace. The only equipment you'll need are dumbbells and a mat. Register today to challenge yourself this March.

March Off-Campus Hike

Tuesday, March 26 | 12:30 – 1:30pm | 1.2 miles | Register by Monday, March 25 at 5:00pm

Take a quick "after lunch" hike on the Frances L. Liles Loop Trail in Schenck Memorial Forest, located right up the road from SAS Campus. You'll see signage on how/why clearcutting takes place at Schenck, as well as wildlife as we hike along Richland Creek.

Zentangle-Style Drawing Class

Wednesday, March 27 | 8:00 – 8:30am | MS Teams | Register by Friday, March 22

What is Zentangle? Part doodling and part meditation. It's a simple process of repeating lines, curves or circles that results in a unique and abstract art. For this class you will need a sheet of paper, pen (or other writing implement). Don't think you can draw? Never thought you were good at art? In Zentangle there are no mistakes. Register today to give it a try. Family members are also welcome! Can't attend the live event? Sign up to receive the recorded option.

Tai Chi

Thursdays, April 4 – 25 | 11:15am – 12:00pm | GX Studio | Register by Thursday, April 25



The internal, healing art of Tai Chi offers an opportunity to move with ease and develop sensitivity to the energy around and within us. This meditation in motion supports the body's tendency to return to balance and cultivate a sense of calm. Register today to join us to learn the principles of breath, posture, and balancing energy.

Monday Meditation – Reconnect with Mother Earth

Monday, April 22 | Audio only | Register by Sunday, April 21

Celebrate Earth Day in this short, guided grounding meditation intended to foster a deep connection with the earth while cultivating a sense of tranquility and balance. Register to receive the audio link.

Celebrate World Tai Chi Day – Tai Chi Timeout

Friday, April 26 | 10:00 – 10:15am | Virtual | Register by Tuesday, April 23

Celebrate World Tai Chi Day (April 27) with a 15-minute Tai Chi Timeout on April 26 and start your weekend with a sense of balance and calm. Register to join us today.

Discount Center

Jackson Hewitt Tax Preparation Service



Jackson Hewitt Tax Service is once again offering tax preparation for SAS employees and retirees. Services will be provided at 25% off standard pricing fees at any of the local Jackson Hewitt offices in Raleigh, Cary, Clayton, Garner, Durham, Smithfield and Sanford. Payment for services must be made directly to Jackson Hewitt at the time of the service. Payment will be accepted by cash, check, credit card, or out of your tax refund (this payment option may have added costs). Fees are determined based on the complexity of the return. Returns may consist of the following: Form 1040 (long form), Schedule A (itemized deductions), Child Tax Credit, Form 2441 (child/dependent care credit), Schedule D (gains/loss – sale of stock) and other forms as needed, and NC (or other state returns as needed).

To schedule an appointment, please contact Sheila Beasley at 919-827-1000 or email at Sheila.Beasley@talloaktax.com or Sheila.Beasley@stitax.com (please identify yourself as a SAS employee or retiree). At that time, she will either email the package with all the forms to be completed or instruct you regarding the documents needed at your appointment. In addition, there is a virtual option to upload documents through the Jackson Hewitt website.

Harlem Globetrotters Discount

Wednesday, April 17 | 7:00pm | PNC Arena | Ticket prices vary

The Harlem Globetrotters are coming back to Raleigh. This entertaining and truly dynamic show features athletes with unmatched basketball skills! Tickets are available first-come, first-served; [order yours today](#) with promo code: SASHGT and STM #: 12345.

On-Site Services

Salon Services—Appointments Now Available in Vagaro

Appointments are available online through our new Vagaro websites up to 90 days in advance. This external (third-party site*) is accessible to employees, family members and retirees.

- Campus Cuts—<https://www.vagaro.com/campuscuts/services>
- Massage Therapy—<https://www.vagaro.com/rfcmassage/services>
- Nail & Skin Care—<https://www.vagaro.com/rfcsalon1/services>

*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.

The RFC is open 7:00am - 7:00pm (M-Th) & 7:00am - 5:00pm (Fridays)

Participation is open to SAS employees, spouses/domestic partners, eligible family members (ages 18 - 25) and retirees. All family members must be registered in the Campus Visitor Registration System.

Access will be validated at the gate by security and at the door by an RFC staff member.

Contact the [Recreation and Fitness Center team](#) for assistance with any of these offerings.

