

# RAC LIVE INSTRUCTOR LED GROUP CLASSES 2022

(L)-Lower Studio (CS)-Cycle Studio (F)-Family Pool (O)-Outdoor Pool (G)-Gym 3 (U)-Upper Studio (MB)-Mind/Body Studio (P)- Pilates Studio

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! (L) 5:30-6:30am Jess 34 participants	HIIT (L) 5:30-6:20am Judy 34 participants	RIP! (L) 5:30-6:30am Katie 34 participants	HIIT (L) 5:30-6:20am Lindzey 34 participants	RIP! (L) 5:30-6:30am Katie/Jess 34 participants	RIP! (L) 8:00-8:50am Katie 34 participants	Aqua Cardio Fit (F/O) 7:30-8:20am Heather 20 participants
Studio Cycle (CS) 5:45-6:35am Lauren 22 participants	Studio Cycle (CS) 5:30-6:20am Kynn 22 participants	Ballet FIT (U) 5:30-6:20am MaryAnn(not held weekly) 19 participants	Studio Cycle (CS) 5:45-6:35am Lauren 22 participants	Aqua Cardio Fit (F/O) 8:30-9:20am Joyce 20 participants	Gentle HathaYoga MB 8:00-9:00am Kristyn 17 participants	Yin Yoga 1 (MB) 8:50-9:50am Heather 17 participants
Aqua Cardio Fit (F) 7:30-8:20am Joyce 20 participants	PiYo (U) 5:30-6:20am Jess/Katie 19 participants	Aqua Cardio Fit (F/O) 7:30-8:20am Sarah C 20 participants	Aqua DanceBlast (F/O) 8:30-9:20am Kristina 20 participants	Vinyasa 1 Yoga (MB) 8:30-9:30am Shelley 17 participants	Aqua Cardio Fit (F/O) 8:30-9:20am Jeni 20 participants	Ballet FIT (U) 9:00-10:00am MaryAnn 19 participants
CardioJam (L) 8:30-9:20am Heather 34 participants	RIP! (L) 8:30-9:30am Sarah B 34 participants	Power Fusion Yoga (U) 8:30-9:30am Wendy 19 participants	Pilates Mat (U) 8:30-9:20am Kathy R 19 participants	Aqua Stretch & Tone (F) 9:30-10:20am Joyce 20 participants	Studio Cycle Plus (CS) 8:30-9:20am Lauren 22 participants	HIIT: Interval (L) 9:50-10:40am Natalie 34 participants
Sweatalates (P) 8:30-9am/9:30-10am McKay 10 participants	Pilates Mat (U) 8:30-9:20am Kathy R 19 participants	Aqua Stretch & Tone (F) 8:30-9:20am McKay 20 participants	Vinyasa 1 Yoga (MB) 9:45-10:45am Pamela 17 participants	HIIT: Tabata/CORE (L) 9:45-10:45am Francine/Sarah B 34 participants	PiYo (U) 9:00-9:50am Katie/Jess 19 participants	Ballet FIT (U) 10:00-11:00am MaryAnn 19 participants
Aqua Stretch & Tone (F) 8:30-9:20am Joyce 20 participants	HIIT (L) 9:45-10:45am Liz 34 participants	Kickin' It (L) 9:45-10:35am Francine 34 participants	RIP! (L) 9:45-10:45am Sarah C 34 participants	Barre Stretch & Tone (U) 10:00-11:00am McKay 19 participants	TurboKick (L) 9:00-9:50am Mary L/Jess 34 participants	RIP! (L) 11:00-12:00pm Sarah B 34 participants
Vinyasa 3 Yoga (MB) 9:30-10:45am Catherine 17 participants	Ballet FIT (U) 9:45-10:45 am Sarah C 19 participants	TABATA Core (U) 10:35-10:55am Francine 34 participants	HIIT: Interval (G) 9:45-10:40am Liz 34 participants	Chair Yoga (MB) 10:30-11:15am Samantha 17 participants	Vinyasa 3 (MB) 9:30-10:45am Bruce 17 participants	Dance Blast (L) 3-3:50pm Dyana 34 participants
FIT (L) 9:45-10:40am Liz 34 participants	Chair Yoga (MB) 10:45-11:30am Samantha 17 participants	RIP! (L) 11:00-11:50am Jessica G 34 participants	T'ai Chi Chih (MB) 11:30-12:30pm Patty 17 participants	RIP! (L) 11:00-12:00pm Sarah B 34 participants	FIT (L) 10:00-10:50am Francine/Kelly 34 participants	
Cycle TABATA (CS) 9:45-10:15am Francine 22 participants	Aqua Cardio Fit (F) 12:30-1:20pm Brenna 15 participants	YogaFlow Athletes (MB) 12:00-12:45pm Jessica G 17 participants	SoundBath (MB) 12:45-1:15pm Patty 17 participants	Vinyasa 2 Yoga (MB) 11:30-12:30pm Pamela 17 participants	Dance Blast (U) 10:00-10:50am Not held weekly check app 19 participants	
TABATA Core (U) 10:20-10:40 Francine 19 participants	Hatha Yoga Express (MB) 12:00-12:45pm Shelley 17 participants	HIIT: Interval (L) 12:00-12:50pm Kelli 34 participants	Aqua Cardio Fit (F) 12:30-1:20pm Brenna 15 participants		Belly Dancing (MB) 1:30-2:30pm Nesreen (women only) 22 participants	RIP! Plus (L) 4:30-5:30pm Kelli 34 participants
RIP! (L) 11:00-12:00pm Jessica G 34 participants	RIP! (L) 12:00-1:00pm Kelli 34 participants			CardiBarre (U) 4:30-5:20pm Leah 19 participants		Gentle Yoga (MB) 5:15-6:15pm Kristyn 17 participants
Kickin' It (U) 4:30-5:20pm Leah 19 participants	SlowFlow Stillness (MB) 4:30-5:20pm Sara A (June 2) 17 participants	Dance Blast (L) 4:45-5:35pm Rita 34 participants		RIP! (L) 5:30-6:30pm Kelli 34 participants		MindfulMeditation MB 6:20-6:40pm Kristyn 17 participants
RIP! (L) 4:35-5:25pm Katie 34 participants		Aqua DanceBlast (F) 5:30-6:20pm Heather 15 participants	RIP! (L) 4:35-5:25 Kelli 34 participants	<p>Yellow highlighting indicates a change from a previously published schedule.</p> <p>All classes listed on this schedule are part of your membership.</p> <p>Access to classes require a reservation. Please use the RAC app to secure a reservation. If the class is not full, drop ins are welcome up to the max participant number.</p> <p>Please cancel your reservation ASAP if you can't attend a class.</p> <p>Fitness on Demand is available for members to select virtual class options when preferred .</p>		
Aqua Cardio Fit (F) 5:30-6:20pm Jeni 15 participants	PiYo (U) 5:00-5:50pm Robyn 19 participants	Buti Flow Yoga (MB) 5:30-6:30pm Juliana 17 participants				
Step (U) 5:35-6:25pm Mary L 19 participants	HIIT: Interval (L) 5:30-6:20pm Lauren 34 participants	HIIT: Interval (L) 5:45-6:35pm Brian 34 participants	HIIT: Tabata (L) 5:40-6:30pm Brian/Natalie 34 participants			
Dance Blast (L) 5:40-6:30pm Mariam 34 participants	Dance Blast (U) 5:55-6:45pm Rotation (check app) 19 participants	Yoga Sculpt (U) 6:45-7:35pm Juliana 19 participants				
Yin Yoga (MB) 5:40-6:40pm Richard 17 participants	YogaFlow Athletes (MB) 6:30-7:30pm Lauren 17 participants	Hatha Yoga (MB) 7:00-8:00pm Heather 17 participants				
Functional FIT (L) 6:45-7:35pm Natalie B 34 participants	Barre Stretch & Tone (U) 6:50-7:50pm McKay 19 participants					
Vin Yin 1 Yoga (MB) 6:45-7:45pm Richard 17 participants	RIP! (L) 6:45-7:35pm Mary L 34 participants					

## **GROUP FITNESS CLASS DESCRIPTIONS**

(Titles printed in blue = great introductory options)

**Aqua Dance Blast** - A dance-inspired cardiovascular workout; equipment is not needed with this format.

**Aqua Cardio Fitness** - A cardiovascular and toning workout while the warm water soothes joints.

**Ballet FIT** - Designed to improve strength, flexibility, agility and posture using dance principles; no ballet experience required.

**Barre Stretch and Tone** - A low impact class based on exercises from ballet barre to aid balance, muscle control, and range of motion.

**CardiBarre** - Sculpt and tone doing all of your favorite barre movements while also getting your heart rate up. Set to fun music.

**Dance Blast** - A full body cardio experience using choreography and music to have fun and become fit.

**Dance Conditioning** - An upbeat, fast paced workout that incorporates basic dance technique and various muscle toning intervals.

**FIT (Functional Integrated Training)** - Improve strength, range of motion, and flexibility with cardio components added.

**Functional Fit** - Great for all levels, featuring mobility, strength, cardio, and balance work.

**HIIT: Interval** - Options for body weight as well as equipment based exercises to build strength and cardiovascular endurance.

**HIIT: Tabata** - An interval class of 24-second anaerobic work bursts followed by 10-second rests. Options for all fitness levels.

**Kickin' It** - Jabs, uppercuts, side kicks, and front kicks; execute these moves while you get an excellent cardiovascular and toning

**Pilates Mat Core** - Using Pilates props to strengthen the core and reinforce the classic principles of length and breath.

**PiYo** - Fast paced yoga and Pilates based choreography that delivers a fat-burning, low-impact workout defining all the muscles.

**T'ai Chi Chih** - A moving meditation that provides stress relief and relaxation

**Studio Cycle** - A joint protecting cardiovascular workout with great music that can be adapted for any fitness level.

**Studio Cycle Plus** - A joint protecting cardio and strength training workout with great music that can be modified for any fitness level.

**RIP!** - Easy-to-follow barbell strength training class works every major muscle group to develop endurance, stamina, balance and core.

**RIP! Plus** - Same barbell strength training class (RIP!) that includes short cardio exercises for an additional calorie burn.

**Sound Bath** - A meditative experience where you are bathed in sound waves.

**Sweatalates** - A 30 minute cardio and strength training interval experience using Pilates equipment and technique. No fee charged.

**TurboKick** - A cardio kickboxing party prechoreographed to hot music mixes where fun is measured in sweat!

### **YOGA CLASSES:**

#### **TYPES:**

**GENTLE:** A more gentle, slower version of Hatha yoga that develops a calm, cool state of being. Perfect introductory to yoga option!

**HATHA:** A series of held yoga postures that allow natural easeful breath and slow-paced exploration.

**VINYASA:** A series of held yoga postures that are linked with rhythmic breathing and moderate to quick-paced exploration.

**YIN:** A series of held yoga postures that are held for up to 5 minutes to target the connective tissue improving flexibility and mobility.

**LEVELS:** Yoga Classes may be assigned levels 1, 2, and 3. 1 is considered more beginner friendly, and 3 is more advanced

### **SPECIALTY YOGA CLASSES:**

**Buti Flow Yoga** - Expect dynamic and creative yoga flows set to high energy world music to increase strength and flexibility.

**Chair Yoga** - Combining strength and stretching exercises while seated in a chair for those that appreciate modifications.

**Happy Hour Yoga** - 75 minute Vinyasa flow style class.

**Mindfulness Meditation** - A meditation experience designed to help you relax and become more centered.

**Power Fusion Yoga** - Leave your workout feeling strong, grounded and rejuvenated after this heart-centric flow of mindful yoga and Pilates power poses. Class has a heavy emphasis on proper form and technique.

**Slow Flow to Stillness** - A well-rounded, calmly energizing practice for all levels.

**Warm Power Fusion** - This class combines a mixture of hot yoga poses with power yoga moves balancing the focus between strength, hip-opening, flexibility and balance while focusing on alignment, breath and awareness.

**Yogalates** - Merging the best of Yoga & Pilates to help develop core strength, tone muscles, increase flexibility and help reduce stress.

**Yoga Flow Athletes** - Flowing yoga designed for athletes, but open to all.