

# RAC LIVE INSTRUCTOR LED GROUP CLASSES 2023

**Location Legend and class participation sizes: (L)-Lower Studio-34 (CS)-Cycle Studio-22 (F)-Family Pool-20 (G)-Gym 3-40 (U)-Upper Studio-19 (MB)-Mind/Body Studio-17 specialty/30 regular (P)- Pilates Studio-10**

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! (L) 5:30-6:30am Jess	PiYo (U) 5:15-6:05am Jess/Katie	RIP! (L) 5:15-6:15am Katie	HIIT (L) 5:30-6:20am Lindzey	RIP! (L) 5:30-6:30am Katie/Jess	Aqua Cardio Fit (F) 7:30-8:20am Jeni	Aqua Cardio Fit (F) 7:30-8:20am Heather
Sunrise Vinyasa (MB) 5:30-6:30am Adam	HIIT (L) 5:30-6:20am Judy	Sunrise Hatha (MB) 5:30-6:30am Adam	Sunrise Yoga (MB) 5:30-6:30am Adam	Power Yoga (MB) 5:45-6:45am Kristyn (ends 4/1/23)	RIP! (L) 8:00-8:50am Katie	Yin Yoga (MB) 8:50-9:50am Heather
Studio Cycle (CS) 5:30-6:20am Lauren	Studio Cycle (CS) 5:30-6:20am Lauren	Aqua Cardio Fit (F) 8:30-9:20am Sarah C	Studio Cycle (CS) 5:30-6:20am Lauren	Vinyasa Yoga (MB) 8:30-9:30am Shelley	Studio Cycle Plus (CS) 8:30-9:20am Kelly	Ballet FIT (U) 9:00-10:00am MaryAnn
Aqua Cardio Fit (F) 8:30-9:20am Joyce	RIP! (L) 8:30-9:30am Liz	Power Fusion Yoga (U) 8:30-9:30am Wendy	Aqua DanceBlast (F) 8:30-9:20am Kristina	Aqua Cardio Fit (F) 8:30-9:20am Joyce/Kristina	Hatha Yoga (MB) 8:30-9:30am Mike	HIIT: Interval (L) 10:00-10:50am Natalie
CardioDance LI (L) 8:30-9:20am Heather	Pilates Mat (U) 8:30-9:20am Kathy R	Hatha Yoga (MB) 9:00-10:00am Abigail	Pilates Mat (U) 8:30-9:20am Kathy R	Total Body (L) 8:30-9:20am Melinda	PiYo (U) 9:00-9:50am Katie/Jess	Ballet FIT (U) 10:00-11:00am MaryAnn
Sweatalates (P) 8:30-9am/9-9:30am McKay	Vinyasa Yoga (MB) 9:00-10:00am Adam	Aqua Stretch & Tone (F) 9:30-10:20am McKay	Vinyasa Yoga (MB) 9:45-10:45am Pamela	Aqua Stretch & Tone (F) 9:30-10:20am Joyce/Kristina	TurboKick (L) 9:00-9:50am Mary L/Jess	RIP! (L) 11:00-12:00pm Sarah B
Power Yoga Plus (MB) 9:00-10:15am Catherine	HIIT (L) 9:45-10:45am Liz	Kickin' It (L) 9:45-10:35am Francine	RIP! (L) 9:45-10:45am Mattee	HIIT: Tabata/CORE (L) 9:45-10:45am Francine	Power Yoga Plus (MB) 10:00-11:15am Bruce	
Aqua Stretch & Tone (F) 9:30-10:20am Joyce	Ballet FIT (U) 9:45-10:45 am Sarah C	Gentle Yoga (MB) 10:30-11:30am Abigail	HIIT: Interval (G) 9:45-10:45am Liz	Barre Stretch & Tone (U) 10:00-11:00am McKay	FIT (L) 10:00-10:50am Francine/Kelly	Dance Blast (L) 3-3:50pm Dyana
FIT (L) 9:45-10:45am Liz	Chair Yoga (MB) 10:30-11:15am Samantha	TABATA Core (U) 10:35-10:55am Francine	Ballet FIT (U) 9:45-10:45 am Sarah C	Chair Yoga (MB) 10:30-11:15am Samantha	Dance Blast (U) 10:00-10:50am Rita	Total Body (U) 4-5:00pm Melinda
Cycle TABATA (CS) 9:45-10:15am Francine	Aqua Cardio Fit (F) 11:40-12:30 Brenna	RIP! (L) 11:00-11:50am Jessica G	T'ai Chi Chih (U) 11:30-12:30pm Patty	RIP! (L) 11:00-12:00pm Sarah C	HIIT: 30 (L) 11:00-11:30am Brian	RIP! Plus (L) 4:30-5:30pm Kelli
TABATA Core (U) 10:20-10:40 Francine	Strong Bones (U) 11:45-12:30pm Katie R	YogaFlow Athletes (MB) 12:00-12:45pm Katy	Aqua Cardio Fit (F) 11:40-12:30 Brenna	Vinyasa Yoga (MB) 11:45-12:30pm Sara A	Core & More (L) 11:35-12:05pm Brian	
RIP! (L) 11:00-12:00pm Jessica G	Hatha Yoga Express (MB) 12:00-12:45pm Shelley	HIIT: Interval (L) 12:00-12:50pm Kelli	Strong Bones (L) 11:45-12:30pm Katie R	CardiBarre (U) 5:15-6:05pm Leah		
Gentle Yoga (MB) 12:00-1:00PM Katy	RIP! (L) 12:00-1:00pm Kelli	Dance Blast (L) 4:45-5:35pm Rita	SoundBath (U) 12:45-1:15pm Patty	RIP! (L) 5:30-6:30pm Kelli		Vinyasa Yoga 5:45-6:30pm Kelli
CardiBarre (U) 4:30-5:20pm Leah	Studio Cycle (CS) 4:30-5:20pm Lauren	Aqua DanceBlast (F) 5:30-6:20pm Heather	SlowFlow Stillness (MB) 4:30-5:30pm Sara A	Buti Basics (MB) 5:45-6:45pm Juliana		
RIP! (L) 4:35-5:25pm Katie	PiYo (U) 5:00-5:50pm Robyn	Buti Flow Yoga (U) 5:45-6:45pm Juliana	RIP! (L) 4:35-5:25 Kelli			
Aqua Cardio Fit (F) 5:30-6:20pm Jeni	HIIT: Interval (L) 5:30-6:20pm Brian	HIIT: Interval (L) 5:45-6:35pm Brian	Kickin' It (U) 4:45-5:35pm Kelly W			
Buti Flow Yoga (MB) 5:30-6:30pm Juliana	Dance Blast (U) 5:55-6:40pm Rotation	Warm Power Fusion (MB) 5:45-6:50pm Richard	Total Body (U) 5:45-6:45pm Melinda			
Step (U) 5:35-6:25pm Mary L	Vinyasa (MB) 6:00-7:00pm Abigail		Belly Dancing (MB) 6:00-7:00pm Nesreen(WOMEN ONLY)			
Dance Blast (L) 5:40-6:30pm Mariam	RIP! (L) 6:45-7:35pm Mary L	Yoga Sculpt (U) 7:00-8:00pm Juliana				
Yoga Sculpt (U) 6:45-7:45pm Juliana		Yin Yoga (MB) 7:00-8:00pm Heather				

Yellow highlighting indicates a change from a previously published schedule.

All classes listed on this schedule are part of your membership.

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. DROP INS WILL NOT RECEIVE CLASS NOTICES AHEAD OF TIME.

Please cancel your reservation ASAP if you can't attend a class.

Fitness on Demand is available for members to select virtual class options when preferred.

## 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.

**Cardio Dance LI (Low Intensity)** - A full body cardio experience using choreography and music to have fun and become fit.

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

**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 experience.

**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.

**Strong Bones** - A class for anyone looking to improve their strength, balance, and help increase bone strength and health.

**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.

**Total Body** - Advanced cardio, fat burning and toning activity, working around 132 bpm with music and choreography!

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

## YOGA CLASS TYPES

(Titles printed in blue = great introductory options)

**GROUND** - Classes designed to build the foundation of your yoga practice from the GROUND up.

**Ex: Gentle Yoga - VinYin - Chair Yoga - Hatha Yoga**

**FLOW** - Classes designed to FLOW at a faster pace, with more transitions and less pauses.

**Ex: Sunrise Yoga - Vinyasa - Yoga Flow for Athletes - Hatha Yoga Express**

**HEAT** - Classes designed to create internal HEAT with powerful poses, challenging transitions and intense breathwork.

**Ex: Power Yoga - Power Yoga Plus - Warm Power Fusion**

**STILL** - Classes designed to STILL the mind and allow the body to recover with gentle stretches and soft transitions.

**Ex: Yin - Restorative - Slow Flow to Stillness**

**EXPAND** - Classes designed to EXPAND your idea of yoga with a fusion of other workouts to challenge normal routines.

**Ex: Buti Flow Yoga - Yoga Sculpt - PiYo - Power Fusion Yoga**

(Each individual class is a unique experience and has a more detailed description created by the instructor on the RAC app.)