

## 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) 5:30-6:20am Jess	PIYo (U) 5:30-6:20am Katie/Jess	RIP! (L) 5:30-6:30am Katie	HIIT (L) 5:30-6:20am Lindzey	RIP! (L) 5:30-6:30am Katie/Jess		Aqua Cardio Fit (F) 7:30-8:20am Heather
Studio Cycle (CS) 5:30-6:20am Lauren	HIIT (L) 5:30-6:20am Judy	CardiBarre (U) 5:30-6:30am Leah	PIYo (U) 7:00-7:50am Katie	Studio Cycle (CS) 5:30-6:20am Lauren	Aqua Cardio Fit (F) 7:30-8:20am Jeni	Yin Yoga (MB) 8:50-9:50am Heather
HIIT (L) 6:20-7:05 Jess	Studio Cycle (CS) 5:30-6:20am Kynn	Aqua Cardio Fit (F) 8:30-9:20am Sarah C		Vinyasa Yoga (MB) 8:30-9:30am Shelley	RIP! (L) 8:00-8:50am Rotation	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	Studio Cycle Plus (CS) 8:00-8:50am Lauren	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	Dance Blast (L) 8:30-9:20am Angelica	Pilates Mat (U) 8:30-9:20am Kathy R	Total Body (L) 8:30-9:20am Melinda	Hatha Yoga (MB) 8:30-9:30am Mike	Ballet FIT (U) 10:00-11:00am MaryAnn
Vinyasa Yoga (MB) 8:30-9:30am Kristyn	Hatha Yoga (MB) 9:15-10:15am Hope (starts 9/12)	Aqua Stretch & Tone (F) 9:30-10:20am McKay	Vinyasa Yoga (MB) 9:45-10:45am Pamela	Dance Blast (U) 8:30-9:20am Pilar	PIYo (U) 9:00-9:50am Katie/Jess	RIP! (L) 11:00-12:00pm Sarah B
Aqua Stretch & Tone (F) 9:30-10:20am Joyce	HIIT (L) 9:45-10:45am Liz	QiGong (MB) 9:30-10:15am Ivonne	RIP! (L) 9:45-10:45am Mattee	Aqua Stretch & Tone (F) 9:30-10:20am Joyce/Kristina	TurboKick (L) 9:00-9:50am Mary L/Jess	Dance Blast (L) 12:10-1:10 Dani
FIT (L) 9:45-10:45am Liz	Ballet FIT (U) 9:45-10:45 am Sarah C		HIIT: Interval (G) 9:45-10:45am Liz	Barre Stretch & Tone (U) 9:30-10:30am McKay	Power Yoga Plus (MB) 10:00-11:15am Bruce	Dance Blast (L) 3:00-4:00pm Dyana
Cycle TABATA (CS) 9:45-10:15am Francine	Chair Yoga (MB) 10:35-11:30am Samantha	Kickin' It (L) 9:45-10:35am Francine	Ballet FIT (U) 9:45-10:45 am Sarah C	HIIT: Tabata/CORE (L) 9:45-10:45am Francine	FIT (L) 10:00-10:50am Francine/Kelly	Total Body (U) 4:00-5:00pm Melinda
Bhakti Yoga Meditation (MB) 9:45-10:30am Jason	Strong Bones (L) 11:00-11:45am Katie R	Gentle Yoga (MB) 10:30-11:30am Ivonne	Strong Bones (L) 11:00-11:45am Katie R	Chair Yoga (MB) 10:35-11:30am Samantha	Dance Blast (U) 10:00-11:00am Rita	RIP! Plus (L) 4:30-5:30pm Kelli
TABATA Core (U) 10:20-10:40 Francine	Aqua Cardio Fit (F) 12:00-12:50 Brenna	TABATA Core (U) 10:35-12:50 Francine	PIYo (U) 11:00-11:50am Liz	RIP! (L) 11:00-12:00pm Sarah C		
RIP! (L) 11:00-12:00pm Mattee	Hatha Yoga Express (MB) 12:00-12:45pm Shelley	RIP! (L) 11:00-11:50am Hannah	T'ai Chi Chih (MB) 11:50-12:35pm Patty	RIP! (L) 2:00-3:00pm Julie	Yoga Sculpt (U) 11:10-12:05pm Juliana	
Dance Blast (U) 11:00-12:00pm Ili	RIP! (L) 12:00-1:00pm Kelli	HIIT: Interval (L) 12:00-12:50pm Kelli	Aqua Cardio Fit (F) 12:00-12:50 Brenna	Dance Blast (L) 4:30-5:20pm Ili		Vinyasa Yoga 5:45-6:30pm Kelli
Beginner Pilates Mat (MB) 11:15-12:15pm McKay		Constructive Rest (MB) 12:10-12:45pm McKay	SoundBath (MB) 12:45-1:15pm Patty	RIP! (L) 5:35-6:35pm Kelli	Buti Basics (MB) 12:10-1:00pm Juliana	
CardiBarre (U) 4:30-5:20pm Allie	HIIT: 30 BLAST (L) 4:30-5:00pm Katie	Power Yoga (MB) 4:35-5:35pm Richard	RIP! (L) 4:35-5:25 Kelli			
RIP! (L) 4:35-5:25pm Katie	HIIT: 30 BLAST (L) 5:05-5:35pm Katie	Dance Blast (L) 4:45-5:35pm Rita	Kickin' It (U) 4:45-5:35pm Kelly W			
Hatha Yoga (MB) 5:00-6:15pm Abigail	PIYo (U) 5:00-5:50pm Robyn	Aqua DanceBlast (F) 5:30-6:20pm Heather	Dance Blast (L) 5:40-6:40pm Dani			
Aqua Cardio Fit (F) 5:30-6:20pm Jeni	Restorative Yoga (MB) 5:45-6:45pm Sara A	Buti Flow Yoga (MB) 5:45-6:45pm Juliana	Total Body (U) 5:45-6:45pm Melinda			
Step (U) 5:35-6:25pm Mary L	Dance Blast (U) 6:00-7:00pm Dyana	HIIT: Interval (L) 5:45-6:35pm Richard	Belly Dancing (MB) 6:30-7:30pm Nesreen(WOMEN ONLY)			
Dance Blast (L) 5:40-6:40pm Rita	RIP! (L) 6:45-7:35pm Mary L	Yoga Sculpt (U) 6:55-7:55pm Juliana				
Buti Flow Yoga (U) 6:40-7:40pm Juliana		Yin Yoga (MB) 7:00-8:00pm Heather				
Roll and Restore (U) 7:45-8:15pm Juliana						

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.
- Aqua Stretch and Tone** - A low impact water workout to build strength and improve joints.
- Ballet FIT** - Designed to improve strength, flexibility, agility and posture using dance principles; no ballet experience required.
- Beginner Pilates Mat**-An introduction to Pilates Mat, covering the foundational principles of Pilates Mat.
- 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: BLAST 30** - Get to work quickly and stays at that level. Classes may be stacked for longer experiences. Options for all fitness levels.
- 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: 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 - Bhakti Yoga Meditation - Constructive Rest - QiGong**
- 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.)