

# RAC LIVE INSTRUCTOR LED GROUP CLASSES 2024

**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.
<b>RIP! (L)</b> 5:30-6:20am <i>Jess</i>	<b>PiYo (U)</b> 5:30-6:20am <i>Katie/Jess</i>	<b>RIP! (L)</b> 5:30-6:30am <i>Katie</i>	<b>HIIT (L)</b> 5:30-6:20am <i>Lindzey</i>	<b>RIP! (L)</b> 5:30-6:30am <i>Katie/Jess</i>		<b>Aqua Cardio Fit (F)</b> 7:30-8:20am <i>Heather</i>
	<b>HIIT (L)</b> 5:30-6:20am <i>Judy</i>	<b>CardiBarre (U)</b> 5:30-6:30am <i>Leah</i>			<b>Aqua Cardio Fit (F)</b> 7:30-8:20am <i>Jeni</i>	<b>Yin Yoga (MB)</b> 8:50-9:50am <i>Heather</i>
<b>HIIT (L)</b> 6:20-7:05 <i>Jess</i>	<b>Sunrise Flow (MB)</b> 5:30-6:30am <i>Jackie</i>	<b>Studio Cycle (CS)</b> 5:30-6:20am <i>Kynn</i>	<b>PiYo (U)</b> 7:00-7:50am <i>Katie</i>	<b>Vinyasa Yoga (MB)</b> 8:30-9:30am <i>Shelley</i>	<b>RIP! (L)</b> 8:00-8:50am <i>Jess</i>	<b>Ballet FIT (L)</b> 9:00-10:00am <i>MaryAnn</i>
<b>Aqua Cardio Fit (F)</b> 8:30-9:20am <i>Joyce</i>	<b>RIP! (L)</b> 8:30-9:30am <i>Liz</i>	<b>Aqua Cardio Fit (F)</b> 8:30-9:20am <i>Sarah C</i>	<b>Aqua DanceBlast (F)</b> 8:30-9:20am <i>Kristina</i>	<b>Aqua Cardio Fit (F)</b> 8:30-9:20am <i>Joyce/Kristina</i>	<b>Studio Cycle Plus (CS)</b> 8:00-8:50am <i>Lauren</i>	<b>HIIT: Interval (L)</b> 10:00-10:50am <i>Natalie</i>
<b>CardioDance LI (L)</b> 8:30-9:20am <i>Heather</i>	<b>Pilates Mat (U)</b> 8:30-9:20am <i>Kathy R</i>	<b>Power Fusion Yoga (U)</b> 8:30-9:30am <i>Wendy</i>	<b>Pilates Mat (U)</b> 8:30-9:20am <i>Kathy R</i>	<b>Total Body (L)</b> 8:30-9:20am <i>Melinda</i>	<b>Hatha Yoga (MB)</b> 8:30-9:30am <i>Mike</i>	<b>Vinyasa Yoga (MB)</b> 10:30-11:30am <i>Beth</i>
<b>Gentle Yoga (MB)</b> 8:45-9:40am <i>Sam</i>	<b>Hatha Yoga (MB)</b> 9:30-10:30 <i>Hope</i>	<b>Dance Blast (U)</b> 9:40-10:30am <i>Angelica</i>	<b>Ballet FIT (U)</b> 9:30-10:30 <i>Sarah C</i>	<b>Dance Blast (U)</b> 9:30-10:20am <i>Pilar</i>	<b>PiYo (U)</b> 9:00-9:50am <i>Katie/Jess</i>	<b>RIP! (L)</b> 11:00-12:00pm <i>Sarah B</i>
<b>Aqua Stretch &amp; Tone (F)</b> 9:30-10:20am <i>Joyce</i>	<b>Ballet FIT (U)</b> 9:30-10:30 <i>Sarah C</i>	<b>Aqua Stretch &amp; Tone (F)</b> 9:30-10:20am <i>McKay</i>	<b>Vinyasa Yoga (MB)</b> 9:45-10:45am <i>Kim</i>	<b>Aqua Stretch &amp; Tone (F)</b> 9:30-10:20am <i>Joyce/Kristina</i>	<b>TurboKick (L)</b> 9:00-9:50am <i>Mary L/Jess</i>	<b>FEE Sound Bath (MB)</b> 12-1 PM <i>Patty(1st &amp; 3rd of month)</i>
<b>FIT (L)</b> 9:45-10:45am <i>Liz</i>	<b>HIIT (L)</b> 9:45-10:45am <i>Liz</i>	<b>QIGong (MB)</b> 9:30-10:15am <i>Ivonne</i>	<b>RIP! (L)</b> 9:45-10:45am <i>Hannah</i>	<b>HIIT: Tabata/CORE (L)</b> 9:45-10:45am <i>Francine</i>	<b>Power Yoga Plus (MB)</b> 10:00-11:15am <i>Bruce</i>	<b>Dance Blast (L)</b> 12:10-1:10 <i>Dani</i>
<b>Cycle TABATA (CS)</b> 9:45-10:15am <i>Francine</i>	<b>Chair Yoga (MB)</b> 10:45-11:30am <i>Hope</i>	<b>Kickin' It (L)</b> 9:45-10:35am <i>Francine</i>	<b>HIIT: Interval (G)</b> 9:45-10:45am <i>Liz</i>	<b>Constructive Rest (MB)</b> 9:45-10:15am <i>McKay</i>	<b>FIT (L)</b> 10:00-10:50am <i>Francine/Kelly</i>	<b>Dance Blast (L)</b> 3:00-3:50pm <i>Melinda</i>
<b>Bhakti Yoga Meditation (MB)</b> 9:45-10:30am <i>Jason</i>	<b>Strong Bones (L)</b> 11:00-11:45am <i>Katie R</i>	<b>Gentle Yoga (MB)</b> 10:30-11:30am <i>Ivonne</i>	<b>Strong Bones (L)</b> 11:00-11:45am <i>Katie R</i>	<b>Pilates Mat (U)</b> 10:30-11:30am <i>McKay</i>	<b>Dance Blast (U)</b> 10:00-11:00am <i>Rita</i>	<b>Total Body (U)</b> 4:00-5:00pm <i>Melinda</i>
<b>TABATA Core (U)</b> 10:20-10:40 <i>Francine</i>	<b>Aqua Cardio Fit (F)</b> 12:00-12:50 <i>Brenna</i>	<b>TABATA Core (U)</b> 10:35-10:55am <i>Francine</i>	<b>PiYo (U)</b> 11:00-11:50am <i>Liz</i>	<b>Chair Yoga (MB)</b> 10:35-11:30am <i>Samantha</i>	<b>SPE (L)</b> 11:00-12:00pm <i>Ariel</i>	<b>RIP! Plus (L)</b> 4:30-5:30pm <i>Kelli</i>
<b>T'ai Chi Chih Intro (MB)</b> 10:45-11:00am <i>Patty</i>	<b>Hatha Yoga Express (MB)</b> 12:00-12:45pm <i>Shelley</i>	<b>RIP! (L)</b> 11:00-11:50am <i>Hannah</i>	<b>T'ai Chi Chih Intro (MB)</b> 11:35-11:50am <i>Patty</i>	<b>RIP! (L)</b> 11:00-12:00pm <i>Sarah C</i>	<b>Yoga Sculpt (U)</b> 11:10-12:05pm <i>Juliana</i>	
<b>T'ai Chi Chih (MB)</b> 11:00-11:45am <i>Patty</i>	<b>RIP! (L)</b> 12:00-1:00pm <i>Kelli</i>	<b>HIIT: Interval (L)</b> 12:00-12:50pm <i>Kelli</i>	<b>T'ai Chi Chih (MB)</b> 11:50-12:35pm <i>Patty</i>	<b>RIP! (L)</b> 2:00-3:00pm <i>Julie</i>	<b>Buti Basics (MB)</b> 12:10-1:00pm <i>Juliana</i>	
<b>RIP! (L)</b> 11:00-12:00pm <i>Liz</i>		<b>Safe Start to Fitness (L)</b> 1:00-1:50pm <i>Marine</i>	<b>RIP! (L)</b> 12:00-1:00pm <i>Katie (2/22)</i>	<b>Dance Blast (L)</b> 4:30-5:20pm <i>Ili</i>		<b>Vinyasa Yoga (MB)</b> 5:45-6:30pm <i>Kelli</i>
<b>Dance Blast (U)</b> 11:00-12:00pm <i>Ili</i>	<b>Interval: 30 BLAST (L)</b> 4:30-5:00pm <i>Katie</i>	<b>SPE (L)</b> 3:30-4:30pm <i>Ariel</i>	<b>Aqua Cardio Fit (F)</b> 12:00-12:50 <i>Brenna</i>	<b>Total Body Evolution (U)</b> 4:30-5:20am <i>Melinda</i>		
<b>Safe Start to Fitness (L)</b> 1:00-1:50pm <i>Marine</i>	<b>Interval: 30 BLAST (L)</b> 5:05-5:35pm <i>Katie</i>	<b>Power Yoga (MB)</b> 4:35-5:35pm <i>Richard</i>	<b>SoundBath (MB)</b> 12:45-1:15pm <i>Patty</i>	<b>RIP! (L)</b> 5:35-6:35pm <i>Kelli</i>		
<b>CardiBarre (U)</b> 4:30-5:20pm <i>Allie</i>	<b>PiYo (U)</b> 5:00-5:50pm <i>Robyn</i>	<b>Dance Blast (L)</b> 4:45-5:35pm <i>Rita</i>	<b>RIP! (L)</b> 4:35-5:25 <i>Kelli</i>			
<b>RIP! (L)</b> 4:35-5:25pm <i>Katie</i>	<b>Restorative Yoga (MB)</b> 5:45-6:45pm <i>Sara A</i>	<b>Aqua DanceBlast (F)</b> 5:30-6:20pm <i>Heather</i>	<b>Kickin' It (U)</b> 4:45-5:35pm <i>Kelly W</i>			
<b>Aqua Cardio Fit (F)</b> 5:30-6:20pm <i>Jeni</i>	<b>Dance Blast (U)</b> 6:00-7:00pm <i>Dyana</i>	<b>Buti Flow Yoga (MB)</b> 5:45-6:45pm <i>Juliana</i>	<b>Dance Blast (L)</b> 5:40-6:40pm <i>Dani</i>			
<b>Step (U)</b> 5:35-6:25pm <i>Mary L</i>		<b>Total Body (U)</b> 5:45-6:45pm <i>Melinda</i>	<b>HIIT: Interval (U)</b> 5:45-6:35pm <i>Brian</i>			
<b>Dance Blast (L)</b> 5:40-6:40pm <i>Rita</i>	<b>RIP! (L)</b> 6:45-7:35pm <i>Mary L</i>	<b>HIIT: 30 Bootcamp (L)</b> 5:50-6:20pm <i>Richard</i>				
<b>Hatha Yoga (MB)</b> 6:00-7:15pm <i>Abigail</i>	<b>Ballet Stretch &amp; Tone (U)</b> 7:10-8:00pm <i>Hannah P.</i>	<b>HIIT: 30 Bootcamp (L)</b> 6:25-6:55pm <i>Richard</i>				
<b>Buti Flow Yoga (U)</b> 6:40-7:40pm <i>Juliana</i>		<b>Yoga Sculpt (U)</b> 6:55-7:55pm <i>Juliana</i>				
<b>Roll and Restore (U)</b> 7:45-8:15pm <i>Juliana</i>		<b>Yin Yoga (MB)</b> 7:00-8:00pm <i>Heather</i>				

Yellow highlighting indicates a change from a previously published schedule.

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

Reservations for classes are preferred. 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.

**Interval: 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.

**SPE** - Strength, Power, and Endurance! A class for all fitness levels working on multiple workout modalities

**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 - Sunrise Flow**

**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.)

