

RAC LIVE INSTRUCTOR LED CLASSES **OCTOBER**

*Please use the RAC app to secure a reservation for each class listed and to determine if updates have been made.

(L)-Lower Studio (U)-Upper Studio (Cycle)-Cycle Studio (MB)-Mind/Body Studio (#3)-Gym #3 (FP)-Family Pool



New formats, class locations, options or start times for October highlighted in yellow.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! Plus (L) 5:30-6:20am Jess 15 participants	HIIT: Interval (L) 5:30-6:20am Jess 15 participants	RIP! (L) 5:30-6:20am Katie 15 participants	PiYo (L) 5:30-6:20am Jess 15 participants	RIP! (L) 5:30-6:20am Maria 15 participants		
	Studio Cycle (Cycle) 5:30-6:20am Kara 5 participants		Studio Cycle (Cycle) 6:45-7:30am New Time on October 15 5 participants			
Aqua Cardio Fitness (FP) 8:15-9:05am Joyce 9 participants		Aqua Cardio Fitness (FP) 8:15-9:05am Sarah C 10 participants	Aqua Dance Blast (FP) 8:15-9:05am Kristina 10 participants	Aqua Cardio Fitness (FP) 8:15-9:05am Kristina 10 participants	Aqua Cardio Fitness (FP) 7:30-8:20am Heather 10 participants	Aqua Cardio Fitness (FP) 7:30-8:20am Jeni 10 participants
			Pilates Mat (U) 8:30-9:20am Kathy R 9 participants		RIP! (L) 7:45-8:35am Karen/Sarah C 15 participants	
Kickin' It (L) 9:45-10:35am Francine 15 participants	RIP! (L) 9:45-10:35am Sarah C 15 participants	FIT (L) 9:45-10:35am Francine 15 participants	RIP! (L) 9:45-10:35am Sarah C 15 participants	HIIT: Tabata (L) 9:45-10:35am Francine 15 participants	Studio Cycle Plus (Cycle) 8:45-9:35am Lauren 5 participants	Yin 1 Yoga (MB) 9:00-10:00am Heather 9 participants
HIIT: Interval (#3) 9:45-10:35am Liz 30 participants	Pilates Mat (U) 9:45-10:35am Kathy R 9 participants	Yogalates (MB) 9:45-10:45am Hope 9 participants	Hatha 1 Yoga (MB) 9:45-10:45am Ivonne 9 participants	PiYo (U) 9:45-10:35am Sarah C 9 participants	PiYo (U) 8:45-9:35am Katie 9 participants	HIIT: Interval (#3) 10:15-11:05am Brian/Paula 30 participants
Vinyasa 3 Yoga (MB) 9:45-10:45am Catherine 9 participants	Hatha 1 Yoga (MB) 9:45-10:45am Sara A 9 participants	Studio Cycle (Cycle) 9:45-10:45am First Class October 14 5 participants	HIIT: Interval (#3) 9:45-10:35am Liz 30 participants	Vin Yin 1 Yoga (MB) 9:45-10:45am Hope 9 participants	TurboKick (L) 9:00-9:50am Jess 15 participants	Ballet FIT (L) 10:15-11:05am Mary Ann 15 participants
Ballet FIT (L) 11:15-12:05pm Sarah C 15 participants	High Fitness (L) 11:15-12:05pm Callista 15 participants	RIP! (L) 11:15-12:05pm Jessica G 15 participants	Chair Yoga (MB) 11:15-12:00pm Ivonne 9 participants	High Fitness (L) 11:15-12:05pm Callista 15 participants	HIIT: Interval (#3) 9:00-9:50am Brian/Mary N 30 participants	RIP! (L) 11:45-12:35pm Sarah B 15 participants
	Vinyasa 2 Yoga (MB) 11:15-12:15pm Jessica G 9 participants			Buti Flow Yoga (U) 11:15-12:15pm Juliana 9 participants	FIT (L) 10:15-11:05am Francine 15 participants	
	RIP! (L) 1:00-1:50pm Kelli 15 participants	HIIT: Interval (L) 1:00-1:50pm Kelli 15 participants	RIP! (L) 1:00-1:50pm Brittany 15 participants	Vinyasa 2 Yoga (MB) 11:15-12:15pm Pamela 9 participants	TurboKick (L) 11:20-12:10pm Series 10/17-10/31 15 participants	Dance Blast (L) 3:15-4:05pm Dyana 15 participants
		Dance Blast (U) 4:15-5:05pm Rita 9 participants				RIP! Plus (L) 4:30-5:20pm Kelli 15 participants
Dance Blast (U) 5:30-6:20pm Mariam 9 participants	PiYo (U) 5:30-6:20pm Robyn 9 participants	Dance Blast (U) 5:30-6:20pm Rita 9 participants	RIP! (L) 5:30-6:20pm Mary N 15 participants	RIP! (L) 5:30-6:20pm First Class October 16 15 participants		Gentle Yoga 1 (MB) 5:45-6:45pm Deb 9 participants
RIP! (L) 5:30-6:20pm Katie 15 participants	TurboKick (L) 5:30-6:20pm Mary N 15 participants	Studio Cycle (Cycle) 5:30-6:20pm Maria 5 participants	HIIT: Tabata (#3) 5:30-6:20pm Brian 30 participants	<p>ALL classes listed on this schedule are part of your membership. To access the fitness location a confirmed reservation is required. Please use the RAC app tile RESERVATIONS to select a Group Fitness class. Review the Virtual Group Fitness (FOD)/Studio Use schedule, if formats you seek are not offered at personally convenient times. Sign-up for the virtual offerings via the RAC app as well. You must have a reservation to use the studio spaces.</p>		
HIIT: Interval (#3) 5:30-6:20pm Mary N 30 participants	Studio Cycle (Cycle) 5:30-6:20pm Brian 5 participants	FIT (L) 5:30-6:20pm Lauren 15 participants	Vinyasa 2 Yoga (MB) 5:45-6:45pm Richard 9 participants			
Aqua Cardio Fitness (FP) 5:30-6:20pm Jeni 10 participants	HIIT: Tabata (#3) 5:30-6:15pm Paula 30 participants	Aqua Dance Blast (FP) 5:30-6:20pm Heather 10 participants				
	Vinyasa 1 Yoga (MB) 5:30-6:30pm Cindy 9 participants	RIP! (L) 6:45-7:35pm Mary L 15 participants				
Vin Yin 1 Yoga (MB) 6:45-7:45pm Richard 9 participants	RIP! (L) 6:45-7:35pm Karen/Mary L 15 participants	Buti Flow Yoga (MB) 6:45-7:45pm Juliana 9 participants				

GROUP FITNESS CLASS DESCRIPTIONS: *(those 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.

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.

High Fitness: Nostalgic and fun music plus simple to follow fitness interval training moves equals a high intensity dance style format.

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

HIIT: Tabata - An interval class of 20-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 - Cranked up yoga and Pilates based choreography that delivers a fat-burning, low-impact workout defining all the muscles.

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.

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

Yoga Classes:

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:

1. LUNAR: Mostly calming/cooling postures. Focus on foundational postures, alignment and self-exploration. All levels welcome.

2. SOLAR/LUNAR: Balance of heating/cooling postures. Refinement of alignment and exploration of variations in foundational postures will be explored. Some yoga experience suggested, as well as healthy joints and range of motion, and/or ability to self-modify.

3. SOLAR: Mostly warming postures. Focus on developing strength and stamina. Expectation that foundational postures and alignment are familiar. Refinement of alignment and variations of a range of postures explored at a faster pace. Yoga experience strongly suggested, along with healthy joints/range of motion and ability to self-modify.

SPECIALITY CLASS DESCRIPTIONS:

Buti Flow Yoga - a flowing yoga sequence combined with tribal music.

Chair Yoga - Combining strength and stretching exercises while seated in a chair or using it for balance challenges.

Gentle Yoga - A gentle, slower version of Hatha yoga that develops a calm, cool state of being.

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