

RAC LIVE INSTRUCTOR LED GROUP CLASSES 2021

*A reservation must be secured via the RAC app for each class listed and in order to be notified of any updates that are made.

(L)-Lower Studio

(CS)-Cycle Studio

(F)-Family Pool

(U)-Upper Studio

(MB)-Mind/Body Studio



Face coverings are required.

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|---|--|--|--|---|---|--|
| RIP! (L) 5:30-6:20am Jess 34 participants | Hatha 1 Yoga (MB) 5:30-6:30am Kenzie 17 participants | RIP! (L) 5:30-6:20am Katie 34 participants | HIIT (L) 5:30-6:20am Jess 34 participants | RIP! Plus (L) 5:30-6:20am Maria 34 participants | | |
| Studio Cycle (CS) 6:00-6:50am Lauren 22 participants | Studio Cycle (CS) 5:30-6:20am Kynn 22 participants | Ballet FIT (U) 5:30-6:20am Sarah C 19 participants | Hatha 1 Yoga (MB) 5:30-6:30am Kenzie 17 participants | | | |
| Aqua Cardio Fit (F) 7:30-8:20am Joyce 15 participants | PiYo (L) 5:30-6:20am Jess/Katie/Jessica S 34 participants | Aqua Cardio Fit (F/O) 8:30-9:20am Sarah C 15 participants | Studio Cycle (CS) 6:45-7:35am Kynn 22 participants | Aqua Cardio Fit (F/O) 8:30-9:20am Joyce 15 participants | Aqua Cardio Fit (F/O) 7:30-8:20am Jeni 15 participants | Aqua Cardio Fit (F/O) 7:30-8:20am Heather 15 participants |
| Aqua Stretch & Tone (F) 8:30-9:20am Joyce 15 participants | Aqua Cardio Fit (F/O) 8:30-9:20am Brenna 15 participants | Power Fusion Yoga (U) 8:30-9:30am Wendy 19 participants | Aqua DanceBlast (F/O) 8:30-9:20am Kristina 15 participants | Vinyasa 1 Yoga (MB) 8:30-9:30am Shelley 17 participants | RIP! (L) 7:30-8:20am Karen/Katie 34 participants | Yin Yoga 1 (MB) 8:50-9:50am Heather 17 participants |
| Vinyasa 3 Yoga (MB) 9:30-10:30am Catherine 17 participants | RIP! (L) 8:30-9:20am Brittany 34 participants | | Pilates Mat (U) 8:30-9:20am Kathy R 19 participants | | PiYo (U) 8:45-9:35am Katie/Jess 19 participants | Ballet FIT (U) 9:00-9:50am MaryAnn 19 participants |
| FIT (L) 9:45-10:35am Liz 34 participants | Yogalates (MB) 9:30-10:30am Hope 17 participants | Kickin' It (L) 9:45-10:35am Francine 34 participants | Vinyasa 1 Yoga (MB) 9:45-10:45am Sara A 17 participants | HIIT: Tabata (L) 9:45-10:35am Francine/Sarah B 34 participants | Studio Cycle Plus (CS) 8:45-9:35am Lauren 22 participants | HIIT: Interval (L) 9:50-10:40am Natalie 34 participants |
| Cycle TABATA (CS) 9:45-10:15am Francine 22 participants | HIIT (L) 9:45-10:35am Liz (starting June 22) 34 participants | | RIP! (L) 9:45-10:35am Sarah C 34 participants | RIP! (L) 10:50-11:40am Katie/Sarah B 34 participants | | Ballet FIT (U) 10:00-10:50am MaryAnn 19 participants |
| TABATA Core (U) 10:20-10:40 Francine 19 participants | Ballet FIT (U) 9:45-10:35 am Sarah C 19 participants | RIP! (L) 10:50-11:40am Jessica G 34 participants | HIIT: Interval (L) 10:50-11:40am Liz 34 participants | Dance Conditioning (U) 10:50-11:40am Alice 19 participants | FIT (L) 8:45-9:35am Francine 34 participants | RIP! (L) 11:00-11:50am Sarah B 34 participants |
| RIP! (L) 12:45-1:35pm Jessica G 34 participants | Hatha Yoga Express (MB) 12:00-12:45pm Shelley 17 participants | | Hatha Yoga Express (MB) 12:00-12:45pm Sara A (starting 8/5) 17 participants | Vinyasa 2 Yoga (MB) 11:30-12:30pm Pamela 17 participants | MB Experience (MB) 9:30-10:30am Rotation (Check App) 17 participants | Dance Blast (L) 3-3:50pm Dyana 34 participants |
| RIP! (L) 4:35-5:25pm Katie 34 participants | | HIIT: Interval (L) 12:45-1:35pm Kelli 34 participants | RIP! (L) 12:45-1:35pm Kelli 34 participants | | TurboKick (L) 9:40-10:30am Mary L/Jess 34 participants | RIP! Plus (L) 4:30-5:20pm Kelli 34 participants |
| Aqua Cardio Fit (F) 5:30-6:20pm Jeni 15 participants | PiYo (U) 5:00-5:50pm Robyn 34 participants | Dance Blast (L) 4:35-5:25pm Rita 34 participants | RIP! (L) 4:35-5:25pm Rotation (Check App) 34 participants | RIP! (L) 5:30-6:20pm Lauren 34 participants | | Gentle Yoga (MB) 5:00-6:00pm Bailey 17 participants |
| Step (U) 5:35-6:25pm Mary L 19 participants | Hatha Yoga (MB) 5:30-6:30pm Heather 17 participants | Aqua DanceBlast (F) 5:30-6:20pm Heather 15 participants | | | | |
| Dance Blast (L) 5:40-6:30pm Mariam 34 participants | Studio Cycle PLUS (CS) 5:40-6:30pm Brian 22 participants | Buti Flow Yoga (MB) 5:30-6:30pm Juliana 17 participants | HIIT: Tabata (L) 5:40-6:30pm Brian 34 participants | | | |
| Yin Yoga (MB) 5:40-6:40pm Richard 17 participants | FIT (L) 5:40-6:30pm Lauren 34 participants | HIIT: Interval (L) 5:35-6:25pm Lauren 34 participants | | | | |
| Vin Yin 1 Yoga (MB) 6:45-7:45pm Richard 17 participants | RIP! (L) 6:45-7:35pm Mary L 34 participants | Studio Cycle (CS) 5:40-6:30pm Maria 22 participants | | | | |

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.

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

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.

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.

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 - 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:

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:

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 YOGA CLASSES:

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

Power Fusion Yoga - Leave your workout feeling strong, grounded and rejuvenated after this heart-centric flow of mindful yoga and Pilates power poses. Class is a level 2.5 with a heavy emphasis on proper form and technique.

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