

RAC LIVE INSTRUCTOR LED GROUP CLASSES 2022

*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 (G)-Gym 3 (U)-Upper Studio (MB)-Mind/Body Studio (P)- Pilates Studio

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! (L) 5:30-6:30am Jess 34 participants	Studio Cycle (CS) 5:30-6:20am Jessica G 22 participants	RIP! (L) 5:30-6:30am Katie 34 participants	HIT (L) 5:30-6:20am Jess 34 participants	RIP! (L) 5:30-6:30am Maria 34 participants	Aqua Cardio Fit (F) 7:30-8:20am Jeni 15 participants	Aqua Cardio Fit (F) 7:30-8:20am Heather 15 participants
Studio Cycle (CS) 6:00-6:50am Lauren 22 participants	PIYo (L) 5:30-6:20am Jess/Katie 34 participants	Ballet FIT (U) 5:30-6:20am Sarah C 19 participants	Studio Cycle (CS) 6:00-6:50am Lauren 22 participants	Aqua Cardio Fit (F) 8:30-9:20am Joyce/Kristina 15 participants	RIP! (L) 8:00-8:50am Katie 34 participants	Yin Yoga 1 (MB) 8:50-9:50am Heather 17 participants
Aqua Cardio Fit (F) 8:30-9:20am Joyce 15 participants	RIP! (L) 8:30-9:30am Sarah B 34 participants	Aqua Cardio Fit (F) 8:30-9:20am Sarah C 15 participants	Aqua DanceBlast (F) 8:30-9:20am Kristina 15 participants	Vinyasa 1 Yoga (MB) 8:30-9:30am Shelley 17 participants	Studio Cycle Plus (CS) 8:30-9:20am Lauren 22 participants	Ballet FIT (U) 9:00-10:00am MaryAnn 19 participants
CardioJam (L) 8:30-9:20am Heather 34 participants	Pilates Mat (U) 8:30-9:20am Kathy R 19 participants	Power Fusion Yoga (U) 8:30-9:30am Wendy 19 participants	Pilates Mat (U) 8:30-9:20am Kathy R 19 participants	Aqua Stretch & Tone (F) 9:30-10:20am Kristina/Joyce 15 participants	PIYo (U) 9:00-9:50am Katie/Jess 19 participants	HIIT: Interval (L) 9:50-10:40am Natalie 34 participants
Sweatalates (P) 8:30-9:00am Hope 10 participants	Yogalates (MB) 9:30-10:30am Hope 17 participants	Aqua Stretch & Tone (F) 9:30-10:20am McKay 15 participants	Vinyasa 1 Yoga (MB) 9:45-10:45am Pamela 17 participants	HIIT: Tabata/CORE (L) 9:45-10:45am Francine/Sarah B 34 participants	TurboKick (L) 9:00-9:50am Mary L/Jess 34 participants	Ballet FIT (U) 10:00-11:00am MaryAnn 19 participants
Sweatalates (P) 9:00-9:30am Hope 10 participants	Chair Yoga (MB) 10:45-11:30am Hope 17 participants	Kickin' It (L) 9:45-10:35am Francine 34 participants	RIP! (L) 9:45-10:45am Sarah C 34 participants	RIP! (L) 11:00-12:00pm Sarah B 34 participants	Vinyasa 3 (MB) 9:30-10:45am Bruce 17 participants	RIP! (L) 11:00-12:00pm Sarah B 34 participants
Aqua Stretch & Tone (F) 9:30-10:20am Joyce 15 participants	HIIT (L) 9:45-10:45am Liz 34 participants	TABATA Core (U) 10:35-10:55am Francine 34 participants	HIIT: Interval (G) 9:45-10:40am Liz 34 participants		FIT (L) 10:00-10:50am Francine 34 participants	Dance Blast (L) 3-3:50pm Dyana 34 participants
Vinyasa 3 Yoga (MB) 9:30-10:45am Catherine 17 participants	Ballet FIT (U) 9:45-10:45 am Sarah C 19 participants	RIP! (L) 11:00-11:50am Jessica G 34 participants		Vinyasa 2 Yoga (MB) 11:30-12:30pm Pamela 17 participants	Dance Blast (U) 10:00-10:50am Jenni H 19 participants	Buti Flow Yoga (MB) 3:55-4:55pm Juliana 17 participants
FIT (L) 9:45-10:40am Liz 34 participants	Aqua Cardio Fit (F) 12:00-12:50pm Brenna 15 participants	YogaFlow Athletes (MB) 12:00-12:45pm Jessica G 17 participants	Aqua Cardio Fit (F) 1:00-1:50pm Brenna 15 participants			RIP! Plus (L) 4:30-5:30pm Kelli 34 participants
Cycle TABATA (CS) 9:45-10:15am Francine 22 participants	Hatha Yoga Express (MB) 12:00-12:45pm Shelley 17 participants	HIIT: Interval (L) 12:00-12:50pm Kelli 34 participants				Yoga Sculpt (U) 5:10-6:10pm Juliana 19 participants
TABATA Core (U) 10:20-10:40 Francine 19 participants	RIP! (L) 12:00-1:00pm Kelli 34 participants			RIP! (L) 5:30-6:30pm Lauren 34 participants		Gentle Yoga (MB) 5:15-6:15pm Sara A 17 participants
RIP! (L) 11:00-12:00pm Jessica G 34 participants	SlowFlow Stillness (MB) 4:30-5:30pm Sara A 17 participants	Dance Blast (L) 4:45-5:35pm Rita 34 participants	SlowFlow Stillness (MB) 4:30-5:30 Sara A 17 participants			MindfulMeditation MB 6:20-6:40pm Sara A 17 participants
Kickin' It (U) 4:00-4:50pm Leah 19 participants	PIYo (U) 5:00-5:50pm Robyn 19 participants	Aqua DanceBlast (F) 5:30-6:20pm Heather 15 participants	RIP! (L) 4:35-5:25 Kelli 34 participants			
RIP! (L) 4:35-5:25pm Katie 34 participants	Studio Cycle (CS) 5:40-6:30pm Brian 22 participants	Buti Flow Yoga (MB) 5:45-6:45pm Juliana 17 participants	Dance Blast (U) 5:15-6:05pm Jenni H 19 participants			
Aqua Cardio Fit (F) 5:30-6:20pm Jeni 15 participants	HIIT: Interval (L) 5:30-6:20pm Lauren 34 participants		HIIT: Tabata (L) 5:40-6:30pm Brian 34 participants			
Step (U) 5:35-6:25pm Mary L 19 participants	Vinyasa 2 (MB) 6:30-7:30pm Lauren 17 participants	HIIT: Interval (L) 5:45-6:35pm Brian 34 participants	Warm Power Fusion (MB) 6:35-7:35pm Richard 17 participants			
Dance Blast (L) 5:40-6:30pm Mariam 34 participants	RIP! (L) 6:45-7:35pm Mary L 34 participants	Hatha Yoga (MB) 7:00-8:00pm Heather 17 participants				
Yin Yoga (MB) 5:40-6:40pm Richard 17 participants						
Vin Yin 1 Yoga (MB) 6:45-7:45pm Richard 17 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.

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.

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 - Fast paced 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.

Sweatalates - A 30 minute cardio and strength training interval experience using Pilates equipment and technique. No fee charged.

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.

SPECIALTY YOGA CLASSES:

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

Happy Hour Yoga - 75 minute Vinyasa flow style class.

Mindfulness Meditation - A meditation experience designed to help you relax and become more centered.

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

Slow Flow to Stillness - A well-rounded, calmly energizing practice for all levels.

Warm Power Fusion - This class combines a mixture of hot yoga poses with power yoga moves balancing the focus between strength, hip-opening, flexibility and balance while focusing on alignment, breath and awareness.

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

Yoga Flow Athletes - Flowing yoga designed for athletes, but open to all.