



Group Fitness

Dear RAC Group Fitness Participant,

The publication of the *RAC Construction Schedule* highlights a very exciting time. Construction is set to begin on the Lower Studio (formerly Studio 2) and the Cycle Studio. When those rooms are remodeled, then the Upper Studio (formerly Studio 1) will be closed for its makeover. These studios will be undergoing extensive renovations: electrical and ventilation systems, lighting, sound and video technology updates, as well as better equipment storage and organization.

We have secured Racquetball Court #4 as a temporary cycle studio. Approximately 15 bikes will be set up on the court, so that we will be able to offer cycling classes. Please note there will be fewer bikes as the space is smaller than our current cycle studio.

You may experience a disruption to your fitness schedule. We will only have access to the Upper Studio for the first phase of the project. With one traditional studio available, we realize group fitness participants may find the construction schedule limiting. A favorite class may no longer be offered at a convenient time or has been temporarily eliminated. Our goal is to provide a variety of class options for all members sharing the space.

Additionally, there could be less room to move. For example, the Upper Studio can safely accommodate 35 exercisers when steps are needed as part of the choreography. There may be times when we will not be able to accommodate every member who wishes to join a class. While the changes may feel personal, please know all RAC group fitness participants are impacted.

We would also like to remind you that all FALL yoga, aqua and Pilates classes on the group fitness schedule are staffed. In fact, we are able to offer 89+ weekly classes to our members during the renovation process. Moreover, the MBGF team is planning unique series and specialty classes providing RAC members with additional, varied fitness options.

We have been planning for months and we are confident that you will find the improvements a great addition to your member experience. The short term disruptions will be worth it. We plan on communicating construction updates along the way. Please feel free to reach out to us if you have any questions. Thank you for entrusting the RAC with your health and wellness needs.

Sincerely,

Brent Frueh
RAC General Manager

Sarah Cima
RAC Group Fitness Director

