

# GROUP FITNESS CONSTRUCTION SCHEDULE 2017\*



Classes conducted in UPPER studio, MIND BODY studio, PILATES studio, RACQUET COURT 4 or the POOL

**\*Schedule is subject to change. Please check the RAC app for all updates.**

(U)-Upper Studio (Racquet)- Racquet Ball Court 4 (MB)-Mind/Body Studio (PS)-Pilates Studio (FP)-Family Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
EmPower! (U) 5:30-6:30am Karen/Sarah C	Insanity Interval (U) 5:30-6:20am Brian/Kellie	EmPower! (U) 5:30-6:30am Katie/Connie	Barre FIT (U) 5:30-6:20am Jess	EmPower! Plus (U) 5:30-6:30am Jess		
Studio Cycle (Racquet) 5:30-6:20am Chris	Vinyasa 1 Yoga (MB) 5:30-6:30am Shelley	PiYo (MB) 5:30-6:20am Jess	Hatha 1 Yoga (MB) 5:30-6:30am Leana		Step 30 (U) 8:00 - 8:30am MaryAnn	
	Studio Cycle (Racquet) 5:30-6:20am Kara		Studio Cycle (Racquet) 5:30-6:20am Mario		Hatha 1 Yoga (MB) 8:30-9:45am Deb	Aqua Interval (FP) 8:30-9:15am Jeni/Heather
Hatha 1 Yoga (MB) 7:00-8:00am Shelley				Zumba Gold (U) 8:30-9:25am Traci	Aqua Extreme (FP) 8:30-9:30am Connie	Aqua Stretch&Tone (FP) 9:15-9:45am Jeni/Heather
Aqua Xtreme (FP) 8:35-9:30am Joyce/McKay	Aqua Interval (FP) 8:35-9:30am Heather S/Toni	Aqua Xtreme (FP) 8:35-9:30am Sarah C	Aqua Zumba (FP) 8:35-9:30am Kristina	Aqua Xtreme (FP) 8:35-9:30am Kristina	EmPower! Express (U) 8:35 - 9:20 Katie/Sarah C	Ballet FIT (U) 9:00 -9:55am FIT Team Rotation
CardioJam (U) 8:30-9:25am Traci	Aqua Stretch & Tone (FP) 9:35-10:30am Heather S/Toni	Zumba (U) 8:30-9:25am Pilar/Trina	Pilates Barre (U) 8:35-9:25 am Kathy R	PiYo (MB) 8:45-9:25am Sarah C	Sweat-a-lates (PS) 9:00-9:30am Pilates Team Rotation	HIIT 45 (U) 10:00-10:45am Brian/Natalie
Aqua Stretch & Tone (FP) 9:35-10:30am Joyce/McKay	Vinyasa 1 Yoga (MB) 9:20-10:30am Cindy	Aqua Stretch & Tone (FP) 9:35-10:30am Sarah C/Kathy F	Aqua Yoga (FP) 9:35-10:30am Hope/Kathy F	Zumba Burst 30 (U) 9:30-10:00am Pilar/Robyn	PiYo 30 (U) 9:25 - 9:55 Katie/Sarah C	EmPower! (U) 11:00 - 12:00pm Connie/Mary
Vinyasa 3 Yoga (MB) 9:30-10:45am Catherine	EmPower (U) 9:30-10:30am Sarah B	Kickin' It (U) 9:30-10:25am Francine	Hatha 1 Yoga (MB) 9:20-10:30am Hannah	Studio Cycle (Racquet) 9:30-10:20am Sarah B/Francine	Sweat-a-lates (PS) 9:30 -10:00am Pilates Team Rotation	
Cycle Tabata 30 (Racquet) 9:30-10:00am Francine	Ballet FIT (U) 10:35-11:35am MaryAnn	Pilates Mat Core (U) 10:30-11:25am Kathy R	HIIT (U) 9:30-10:30 am Sarah B	Aqua Stretch&Tone (FP) 9:35-10:30am Kristina	Studio Cycle (Racquet) 9:30-10:20am Kynn	
Tabata Interval 30 (U) 9:30-10:00am Kellie	Chair Yoga (MB) 10:45-11:30am Hope		Ballet FIT (U) 10:35-11:35am MaryAnn	Yin Yoga 1 (MB) 10:00 - 11:00am Hannah (4 week series)	TurboKick 30 (U) 10:00 - 10:30 Jess/Liz	
FIT 45 (U) 10:05 - 10:50 Francine				POUND 30 (U) 10:05-10:35am Pilar/Robyn	FIT 30 (U) 10:35 - 11:05 Jess/Liz	
				EmPower! (U) 10:40 -11:40am Liz	Vinyasa 3 Yoga (MB) 10:30-Noon Bruce	
TurboKick (U) 12:00-12:45pm Liz	EmPower (U) 12:00 -1:00pm Kelli	Insanity 45 (U) 12:00-12:45pm Kellie	EmPower (U) 12:00 -1:00pm Kelli			Pound Fitness (U) 3:00 - 3:50pm Robyn
Hatha 1 Yoga (MB) 12:00 -1:00pm Leana	Tai Chi Easy (MB) 12:00-12:45pm	Vinyasa 2 Yoga (MB) 12:00 -1:00pm Hope	Chair Yoga (MB) 12:15-1:00 Hope	Vinyasa 1 Yoga (MB) 12:00 -1:00pm Beth		EmPower! Plus (U) 4:00 - 5:00pm Kelli
						Gentle Yoga (MB) 5:00-6:00pm Debbie/Deb
EmPower (U) 4:40- 5:40pm Sarah B	Tabata Interval 30 (U) 4:40-5:10 Katie	EmPower Plus (U) 4:40- 5:40pm Liz	PiYo (U) 4:40-5:25pm Katie	<p><b>Dear Group Fitness Enthusiasts:</b> Please note the LOWER STUDIO and the CYCLE STUDIO are set to undergo construction. We are now limited to the Family Pool, the Mind Body Studio, the Pilates Studio and the Upper Studio. The RAC group fitness team is hosting as many classes as possible. However, the class selection, the formats and the space in each studio is limited. Please USE THE RAC APP to confirm class times and locations. We greatly appreciate your patience and understanding as we work to improve the overall group fitness experience with three refurbished studios in 2017.</p>		
Hatha 1 Yoga (MB) 5:30 - 6:30pm Leana	FIT 30 (U) 5:10 - 5:40 Katie	Studio Cycle (Racquet) 5:30-6:20pm Brian	EmPower (U) 5:30-6:30pm Mary			
Aqua Interval (FP) 5:35 - 6:30pm Jeni	Vin Yin 1 Yoga (MB) 5:00 - 6:15pm Beth	Vinyasa 2 Yoga (MB) 5:30 - 6:30pm Richard	Insanity 45 (Gym 3) 5:30-6:20pm Brian			
Zumba (U) 5:45-6:40pm Rita	TurboKick (U) 5:45- 6:30pm Mary	Aqua Zumba (FP) 5:35-6:30pm Heather	Vinyasa 2 Yoga (MB) 6:30 - 7:30pm Richard			
Step (U) 6:45- 7:40pm Mary	Barre FIT (U) 6:45-7:30pm McKay	Zumba Burst 45 (U) 5:45 - 6:30pm Molly/Mariyam				
Vinyasa 2 Yoga (MB) 7:00-8:15pm Beth		Core & More (U) 6:35 - 7:00pm Brian				

## **GROUP FITNESS CLASS DESCRIPTIONS:** \*(those titles highlighted in blue = great introductory options)

**Aqua Interval** - High-intensity workout with easy to follow, repetitive moves demonstrated on deck; a class for cardio junkies!

**Aqua Stretch & Tone** - Experience a wide variety of exercises to build strength and flexibility while the warm water soothes joints. The class focuses on the entire body while maintaining heat through low-level cardio conditioning.

**Aqua Xtreme** - Instructor in the water leads challenging cardiovascular workout while the warm water soothes joints. Equipment optional.

**Aqua Yoga** - Experience effective flows and poses designed to increase flexibility, balance, range of motion and an awareness of the breath.

**Aqua Zumba** - A Latin-inspired, calorie-burning workout you won't want to end. The instructor demos the easy-to-follow moves on deck.

**Ballet FIT** - Discover your inner dancer in this ballet-based class, designed to improve strength, flexibility, agility, posture, and confidence.

**Barre FIT** - A barre-based workout with intervals to strengthen and tone muscles incorporating small isometric exercises to promote muscular endurance, flexibility, and balance.

**CardioJam** - A 55 minute high/low dance fitness class with great music and high energy. Easy to follow choreography that can be modified.

**Core & More** - 25 minute of toning and strengthening the abdominals, glutes, lower back, hips and shoulders.

**Cycle Tabata** - A 30 minute low-impact interval class with short anaerobic pedaling bursts followed by slower paced recoveries.

**EmPower** - Easy-to-follow barbell strength training class works every major muscle group to develop endurance, stamina, balance and core.

**EmPower Express** - Same barbell strength training class (EmPower) that is completed in 45 minutes rather than 60.

**EmPower Plus** - Same barbell strength training class (EmPower) that includes short cardio exercises for an additional calorie burn.

**FIT** - (Functional Integrated Training) Improve strength, range of motion, and flexibility while becoming leaner. Strength training for all.

**HIIT** - (High Intensity Interval Training) - cardiovascular and strength training combined including short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.

**Hip Hop Fitness** - Using the music of today and easy to follow, repetitive moves you will tone, groove and have a blast!

**Insanity** - Our bodyweight (no equipment) interval class with cardio and plyometric drills as well as intervals of strength, power, agility, and core training.

**Kickin' It** - Jabs, uppercuts, side kicks, and front kicks; execute these moves while you get an excellent cardiovascular and toning experience.

**Pilates Barre** - Multi-level Pilates class incorporating small isometric movements and ballet style barre work.

**Pilates Mat Core** - Using the mat and other 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.

**Pound Fitness** - A full body cardio session that fuses Pilates movement, isometric poses, and plyometrics with constant simulated drumming.

**Step** - A fun, aerobic endurance workout set to great music that utilizes a step and creative choreography to exercise the body and mind.

**Studio Cycling** - A joint protecting cardio workout with great music that can be modified for any fitness level.

**Sweat-a-lates** - A 30 minute cardio and strength training interval experience using Pilates equipment and technique. No fee charged.

**Tabata** - A thirty minute interval class of 20-second anaerobic work bursts followed by 10-second rests. Options for all fitness levels.

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

**Zumba Burst** - Zumba fun and high-intensity interval training moves for a massive calorie burn packed into an effective workout.

**Zumba Gold** - Easy-to-follow Latin and international rhythms for the active older adult, new fitness participant or anyone!

**Zumba** - Fusing hypnotic Latin rhythms with easy-to-follow moves is addicting. We want you to workout, love working out, and get hooked!

### **Yoga Classes:**

**HATHA:** A series of held yoga poses that allow natural easeful breath and slow-paced exploration

**VINYASA:** A series of held yoga poses that are linked with rhythmic breathing and moderate to quick-paced exploration

**YIN:** A series of held yoga poses that are held for up to 5 minutes to target the connective tissue improving flexibility and mobility

### **LEVELS:**

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

**2. SOLAR/LUNAR:** Balance of heating/cooling poses. Refinement of alignment and exploration of variations in foundational poses 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 poses. Focus on developing strength and stamina. Expectation that foundational poses and alignment are familiar. Refinement of alignment and variations of a range of poses explored at a faster pace. Yoga experience strongly suggested, along with healthy joints/range of motion and ability to self-modify.

### **SPECIALTY CLASS DESCRIPTIONS:**

**Aqua Yoga** - Effective flows and poses in the water designed to increase flexibility, balance, range of motion and breath awareness.

**Chair Yoga** - Unique combination of strength and stretching exercises while seated in a chair for those who appreciate modifications. Options provided for those that would like to try movement on mats as well.

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

**T'ai Chi Easy** - Moving meditation that is gentle and easy to learn with benefits such as stress reduction, heightened energy and creativity.