


RAC GROUP FITNESS SPRING SCHEDULE 2018*

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

Begins April 9 and ends June 10



Fitness on Demand schedules (virtual classes) can be found on the RAC website or **Fitness on Demand** app

(L) Lower Studio	(U)-Upper Studio	(Cycle)- Cycle Studio	(MB)-Mind/Body Studio	(PS)-Pilates Studio	(FP)-Family Pool	
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! (L) 5:30-6:30am <i>Karen/Sarah C</i>	HIIT: Intervals (L) 5:30-6:20am <i>Brian/Melissa</i>	RIP! (L) 5:30-6:30am <i>Katie</i>	PiYo (U) 5:30-6:20am <i>Jess</i>	RIP! Plus (L) 5:30-6:30am <i>Jess</i>		
Studio Cycle (Cycle) 5:30-6:20am <i>Chris</i>	Vinyasa 1 Yoga (MB) 5:30-6:30am <i>Shelley</i>	Barre FIT (U) 5:30-6:20am <i>Jess</i>	Hatha 1 Yoga (MB) 5:30-6:30am <i>Leana</i>			
Hatha 1 Yoga (MB) 7:00-8:00am <i>Shelley</i>	Studio Cycle (Cycle) 5:30-6:20am <i>Kara</i>	Vinyasa 2 Yoga (MB) Last Class April 4 <i>Cancelled for spring</i>	Studio Cycle (Cycle) 5:30-6:20am <i>Mario</i>		RIP! (L) 8:00-9:00am <i>Karen/Sarah B</i>	Aqua Interval (FP) 8:30-9:15am <i>Jeni/Heather</i>
CardioJam (L) 8:30-9:25am <i>Traci</i>				Zumba Gold (U) 8:30-9:25am <i>Traci</i>	Aqua Xtreme (OP) 8:30-9:30am <i>Connie</i>	Aqua Stretch&Tone (FP) 9:15-9:45am <i>Jeni/Heather</i>
Aqua Xtreme (FP) 8:35-9:30am <i>Joyce/McKay</i>	Aqua Interval (FP) 8:35-9:30am <i>Heather S</i>		Pilates Barre (U) 8:35-9:25 am <i>Kathy R</i>	Aqua Xtreme (FP) 8:35-9:30am <i>Kristina</i>	Hatha 1 Yoga (MB) 8:30-9:45am <i>Deb</i>	Ballet FIT (U) 9:00 -9:55am <i>FIT Team Rotation</i>
Cycle Circuit (Cycle) 9:30-10:20am <i>Sarah B</i>	RIP! Express (L) 8:35-9:20am <i>Sarah C</i>	CardioJam (L) 8:30-9:25am <i>Traci</i>	Aqua Blast (FP) 8:35-9:30am <i>Kristina</i>	PiYo (L) 8:45-9:25am <i>Sarah C</i>	Sweat-a-lates (PS) 9:00-9:30am <i>Pilates Team Rotation</i>	HIIT: Insanity (L) 10:00 -10:45am <i>Brian/Natalie</i>
Dance Fitness (U) 9:30-10:25am <i>Pilar/Angelica</i>	Vinyasa 1 Yoga (MB) 9:20-10:30am <i>Cindy</i>	Aqua Xtreme (FP) 8:35-9:30am <i>Sarah C</i>	Vinyasa 1 Yoga (MB) 9:20-10:30am <i>Hannah</i>	Cycle Tabata (Cycle) 9:30-10:00am <i>Francine/Sarah B</i>	Dance Fitnesss (U) 8:30 - 9:15am <i>Rita</i>	RIP! (L) 11:00 - 12:00pm <i>Connie/Mary L</i>
Kickin' It (L) 9:30-10:25am <i>Francine</i>	Ballet FIT (U) 9:30-10:30am <i>MaryAnn</i>	FIT (L) 9:30 - 10:30am <i>Francine</i>	RIP! (L) 9:30 -10:30pm <i>Sarah B</i>	HIIT: Tabata 30 (L) 9:30-10:00am <i>Kellie</i>	Studio Cycle (C) 9:00-9:50am <i>Francine/Lindzey</i>	
Vinyasa 3 Yoga (MB) 9:30-10:45am <i>Catherine</i>	HIIT: Boot Camp (L) 9:35-10:35am <i>Liz</i>	Dance Fitness (U) 9:30-10:25am <i>Pilar</i>	TurboKick (U) 9:30 - 10:25am <i>Liz</i>	Dance Fitness (U) 9:30-10:30am <i>Pilar</i>	TurboKick (L) 9:10 - 10:00am <i>Melissa/Mary L</i>	
Aqua Stretch & Tone (FP) 9:35-10:30am <i>Joyce/McKay</i>	Chair Yoga (MB) 10:45-11:30am <i>Hope</i>	Aqua Stretch & Tone (FP) 9:35-10:30am <i>Sarah C</i>	Aqua Stretch&Tone (FP) 9:35-10:30am <i>Kristina/Kathy F</i>	Yin Yoga 1 (MB) 9:30 - 10:30am <i>Hope</i>	Sweat-a-lates (PS) 9:30 -10:00am <i>Pilates Team Rotation</i>	
Core & More (L) 10:30-11:00am <i>Francine</i>		Pilates Mat Core (U) 10:30-11:25am <i>Kathy R</i>	Ballet FIT (L) 10:35-11:35am <i>MaryAnn</i>	Aqua Stretch & Tone (FP) 9:35-10:30am <i>Kristina</i>	Step (U) 9:20 - 10:05am <i>MaryAnn</i>	
Classic Pilates Mat (U) 10:35 - 11:30 <i>Jeannie</i>				FIT 30 (L) 10:05 - 10:35am <i>Francine/Sarah B</i>	FIT (L) 10:05-11:00am <i>Liz</i>	
	RIP! (L) 12:00 -1:00pm <i>Kelli</i>	HIIT: Insanity (L) 12:00-12:45pm <i>Kellie</i>	RIP! (L) 12:00 -1:00pm <i>Kelli</i>	RIP! (L) 10:45 -11:45am <i>Liz</i>	PiYo (U) 10:10-10:55am <i>Katie</i>	Pound Fitness (L) 3:00 - 3:50pm <i>Robyn</i>
Hatha 1 Yoga (MB) 12:00 -1:00pm <i>Leana</i>	Tai Chi Easy (MB) 12:00-12:45pm <i>Ivonne</i>	Vinyasa 2 Yoga (MB) 12:00 -1:00pm <i>Hope</i>	Chair Yoga (MB) 12:15 -1:00pm <i>Hope</i>	Vinyasa 1 Yoga (MB) 12:00 -1:00pm <i>Ashlie</i>	Vinyasa 3 Yoga (MB) 10:30-Noon <i>Bruce</i>	RIP! Plus (L) 4:00 - 5:00pm <i>Kelli</i>
	Aqua Splash(FP) 2:30 - 3:30pm <i>Toni --ENDS 5/22</i>					Gentle Yoga (MB) 5:00-6:00pm <i>Debbie/Deb</i>
RIP! (L) 4:40- 5:40pm <i>Katie</i>		TurboKick (L) 4:40 - 5:25pm <i>Mary N</i>	RIP! (L) 4:40- 5:40pm <i>Sarah C</i>	<div>If the LIVE classes listed here conflict with your personal schedule, please don't forget to check the RAC website under Group Fitness schedule or on the IPads mounted outside the studios for a full listing of all the virtual classes available in the RAC Lower, Cycle and Upper Studios. Another option is to download the Fitness on Demand app for a listing via each studio of the virtual class options.</div> <div><div>Fitness On Demand™ Fitness On Demand™ <small>Free • Offers In-App Purchases</small></div></div>		
Hatha 1 Yoga (MB) 5:30 - 6:30pm <i>Leana</i>	FIT (L) 4:40 - 5:30pm <i>Sarah B/Melissa</i>	Barre FIT (U) 5:00 -5:50pm <i>Jeannie</i>	HIIT: Tabata 30 (L) 5:45 - 6:15pm <i>Brian</i>			
Step (U) 5:35 - 6:25pm <i>Mary L</i>	Vin Yin 1 Yoga (MB) 5:00 - 6:15pm <i>Beth</i>	Vinyasa 2 Yoga (MB) 5:30 - 6:30pm <i>Richard</i>	Core & More (L) 6:20 - 6:50pm <i>Brian</i>			
Aqua Interval (FP) 5:35 - 6:30pm <i>Jeni</i>	Studio Cycle (Cycle) 5:45-6:35pm <i>Kynn</i>	Aqua Blast (FP) 5:35-6:30pm <i>Heather</i>	Pound Fitness (U) 6:00 - 6:50pm <i>Robyn</i>			
HIIT: Boot Camp (L) 5:55-6:45pm <i>Lindzey</i>	HIIT: Insanity (L) 5:35 - 6:25pm <i>Mary N</i>	RIP! Plus (L) 5:35-6:35pm <i>Connie</i>	Vinyasa 2 Yoga (MB) 6:30 - 7:30pm Last Class May 3 Summer Hiatus			
Core & More (U) 6:35-7:00pm <i>Mary</i>	Dance Fitness (U) 5:45 - 6:40pm <i>Mariyam</i>	Studio Cycle (Cycle) 5:45 - 6:30pm <i>Brian</i>				
Dance Fitness (L) 7:00-8:00pm <i>Rita</i>	RIP! (L) 6:35 - 7:35pm <i>Mary L</i>	Dance Fitness (U) 6:00 - 6:50pm <i>Molly</i>				
Vinyasa 2 Yoga (MB) 7:00 - 8:15pm <i>Beth</i>	Barre FIT (U) 6:45-7:30pm <i>McKay</i>	Core & More (L) 6:40-7:05pm <i>Brian</i>				

If the LIVE classes listed here conflict with your personal schedule, please don't forget to check the RAC website under Group Fitness schedule or on the iPads mounted outside the studios for a full listing of all the virtual classes available in the RAC Lower, Cycle and Upper Studios. Another option is to download the Fitness on Demand app for a listing via each studio of the virtual class options.



Fitness On Demand™
Fitness On Demand™
Free • Offers In-App Purchases

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

Aqua Blast - A dance-inspired, music inspired joint-protecting workout. An instructor demos the easy-to-follow moves on deck.

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.

Ballet FIT - Discover your inner dancer in this ballet-based class, designed to improve strength, flexibility, agility, posture, and confidence. A great fat-burning experience requiring no previous dance experience.

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 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 Circuit - The perfect combo of intervals on the bike and sculpting exercises off the bike; strength and cardio in 50 minutes.

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

Dance Fitness - 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 while becoming leaner. Strength training for all.

HIIT: Boot Camp - (High Intensity Interval Training) - cardio and strength class using activity stations during the intervals and rest periods

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

HIIT: Tabata - A thirty minute 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 experience.

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

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.

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

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

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

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

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

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

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.

SPECIALITY CLASS DESCRIPTIONS:

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, slower version of Hatha yoga that develops a calm, cool state of being.

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