

RAC GROUP FITNESS SUMMER SCHEDULE 2018*



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

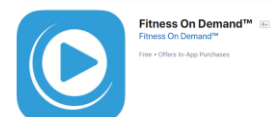
ENDS September 3

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 (OP)-Outdoor Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! (L) 5:30-6:30am Karen/Mary N	HIIT: Interval (L) 5:30-6:20am Melissa	RIP! (L) 5:30-6:30am Katie	PiYo (U) 5:30-6:20am Jess	RIP! Plus (L) 5:30-6:30am Connie		
Studio Cycle (Cycle) 5:30-6:20am Kynn/Chris	Vinyasa 1 Yoga (MB) 5:30-6:30am Shelley	Barre FIT (U) 5:30-6:20am Sarah C	Hatha 1 Yoga (MB) 5:30-6:30am Leana/Shelley			
Hatha 1 Yoga (MB) 7:00-8:00am Shelley	Studio Cycle (Cycle) 5:30-6:20am Kara		Studio Cycle (Cycle) 5:30-6:20am Mario		RIP! (L) 8:00-9:00am Karen/Sarah B	Aqua Interval (OP) 8:30-9:15am Jeni/Kristina
Aqua Xtreme (FP) 7:35-8:30am Joyce/McKay			Aqua Blast (FP) 7:35-8:30am Kristina	Zumba Gold (U) 8:30-9:25am Traci	Aqua Xtreme (OP) 8:30-9:30am Connie	Aqua Stretch&Tone (OP) 9:15-9:45am Jeni/Kristina
CardioJam (L) 8:30-9:25am Traci	Aqua Interval (FP) 7:35-8:30am Heather/Toni	Aqua Xtreme (FP) 7:35-8:30am Sarah C	Aqua Stretch&Tone (FP) Summer Hiatus	Aqua Xtreme (OP) 8:35-9:30am Rotation	Hatha 1 Yoga (MB) 8:30-9:45am Deb	Ballet FIT (U) 9:00 -9:55am Sarah C/MaryAnn
Aqua Stretch & Tone (FP) 8:35-9:30am Joyce/McKay	RIP! Express (L) 8:35-9:20am Katie	CardioJam (L) 8:30-9:25am Traci	Pilates Barre (U) 8:35-9:25 am Kathy R	PiYo (L) 9:15 - 10:00 Sarah C	Sweat-a-lates (PS) 9:00-9:30am Pilates Team Rotation	HIIT: Insanity (L) 10:00 -10:45am Brian/Natalie
Cycle Circuit (Cycle) 9:30-10:20am Sarah B	Aqua Stretch & Tone (FP) 8:35-9:30am Heather/Toni	Aqua Stretch & Tone (FP) 8:35-9:30am Kathy F	Tai Chi Outdoors (by Pool) 9:00-10:00am July 12 - August 30	Cycle Tabata (Cycle) 9:30-10:00am Francine/Sarah B	Dance Blast (U) 8:30 - 9:15am Rita	RIP! (L) 11:00 - 12:00pm Connie/Mary L
Dance Blast (U) 9:30-10:25am Desiree	Vinyasa 1 Yoga (MB) 9:20-10:30am Cindy	FIT (L) 9:30 - 10:30am Francine	Vinyasa 1 Yoga (MB) 9:20-10:30am Leana	Dance Blast (U) 9:30-10:30am Pilar	Cycle Circuit (Cycle) 9:00-9:50am Starts July 7	
Kickin' It (L) 9:30-10:25am Francine	Ballet FIT (U) 9:30-10:30am MaryAnn	Dance Blast (U) 9:30-10:25am Pilar	RIP! (L) 9:30 -10:30pm Sarah B	Yin Yoga 1 (MB) 9:30 - 10:30am Hope	TurboKick (L) 9:10 - 10:00am Jess/Mary L	
Vinyasa 3 Yoga (MB) 9:30-10:45am Catherine	HIIT: Boot Camp (L) 9:30-10:30am Liz	Pilates Mat Core (U) 10:30-11:25am Kathy R	TurboKick (U) 9:30 - 10:25am Liz	Aqua Stretch&Tone (FP) 9:35-10:30am Rotation	Sweat-a-lates (PS) 9:30 -10:00am Pilates Team Rotation	
Core & More (L) 10:30-11:00am Francine	Chair Yoga (MB) 10:45-11:30am Hope		Ballet FIT (L) 10:40-11:40am MaryAnn	FIT 30 (L) 10:05 - 10:35am Francine/Sarah B	Step (U) 9:20 - 10:05am MaryAnn	
Classic Pilates Mat (U) 10:35 - 11:30 Jeannie				RIP! (L) 10:45 -11:45am Liz	FIT (L) 10:05-11:00am Liz/Melissa	
	RIP! (L) 12:00 -1:00pm Kelli	HIIT: Intervals (L) 12:00-12:45pm Sarah B/Liz	RIP! (L) 12:00 -1:00pm Kelli		PiYo (U) 10:10-10:55am Katie	Dance Blast (U) Latin Series in July 3 Sundays
Hatha 1 Yoga (MB) 12:00 -1:00pm Leana	Tai Chi Easy (MB) 12:00-12:45pm Ivonne	Vinyasa 2 Yoga (MB) 12:00 -1:00pm Hope	Chair Yoga (MB) Summer Hiatus	Vinyasa 1 Yoga (MB) 12:00 -1:00pm Ashlie	Vinyasa 3 Yoga (MB) 10:30-Noon Bruce	RIP! Plus (L) 4:00 - 5:00pm
						Gentle Yoga (MB) 5:00-6:00pm Debbie/Deb
RIP! (L) 4:40 - 5:40pm Katie	FIT (L) 4:40 - 5:30pm Jess	TurboKick (L) 4:40 - 5:25pm Mary N	RIP! (L) 4:40 - 5:40pm Sarah C			
Hatha 1 Yoga (MB) 5:30 - 6:30pm Leana	Vin Yin 1 Yoga (MB) 5:00 - 6:15pm Beth	Yin Yoga 1 (MB) 5:15 - 6:15pm Richard	HIIT: Tabata 30 (L) 5:45 - 6:15pm Brian			
Step (U) 5:35 - 6:25pm Mary L	HIIT: Insanity (L) 5:35 - 6:25pm Mary N	Cycle Circuit (Cycle) 5:30 - 6:20pm starts July 11	Core & More (L) 6:20 - 6:50pm Brian			
Aqua Interval (OP) 5:35 - 6:30pm Jeni	Dance Blast (U) 5:45 - 6:40pm Mariyam	Aqua Blast (OP) 5:35-6:30pm Heather	Dance Fitness (U) 6:00 - 6:50pm Robyn			
HIIT: Boot Camp (L) 5:55-6:45pm Lindzey	RIP! (L) 6:35 - 7:35pm Mary L	RIP! Plus (L) 5:35 - 6:35pm Melissa				
Core & More (U) 6:35-7:00pm Mary	Barre FIT (U) 6:45-7:30pm McKay	Dance Blast (U) 6:00 - 6:50pm Molly				
Dance Blast (L) 7:00-8:00pm Rita	Studio Cycle (Cycle) Summer Hiatus	Vinyasa 2 Yoga (MB) 6:30-7:30pm Richard				
Vinyasa 2 Yoga (MB) 7:00 - 8:15pm Beth		Core & More (L) Pilates Barre (U) Summer Hiatus				

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 and open times to select a class.



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.

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.

T'ai Chi Outdoors - Meet by the RAC Cabana near the outdoor pool and experience a gentle moving meditation that is easy to learn.