

# RAC LIVE CLASSES SUMMER SCHEDULE 2019 \*



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

Begins Monday, June 3

**Fitness on Demand** schedules (virtual classes) can be found on the RAC website, RAC app 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.
<b>Studio Cycle (Cycle)</b> 5:30-6:20am Chris	<b>PIYo (L)</b> 5:30-6:20am Jess	<b>Barre FIT (U)</b> 5:30-6:20am Jess	<b>HIIT: Interval (L)</b> 5:30-6:20am Jess/Mary N	<b>RIP! Plus (L)</b> 5:30-6:30am Katie/Jess		
<b>RIP! (L)</b> 5:30-6:30am Karen/Melissa	<b>Studio Cycle (Cycle)</b> 5:30-6:20am Mario	<b>RIP! (L)</b> 5:30-6:30am Katie/Rotation	<b>Studio Cycle (Cycle)</b> 5:30-6:20am Kara		<b>RIP! (L)</b> 8:00-9:00am Karen/Rotation	
	<b>Vinyasa 1 Yoga (MB)</b> 5:30-6:30am Shelley		<b>Vinyasa 1 Yoga (MB)</b> 5:30-6:30am Pamela		<b>Aqua Xtreme (FP/OP)</b> 8:30-9:30am Connie	<b>Aqua Interval (FP/OP)</b> 8:30-9:15am Jeni/Kristina
<b>Hatha 1 Yoga (MB)</b> 7:00-8:00am Shelley				<b>Zumba Gold (U)</b> 8:30-9:25am Traci	<b>Hatha 1 Yoga (MB)</b> 8:30-9:45am Deb	<b>Aqua Stretch&amp;Tone (FP/OP)</b> 9:15-9:45am Jeni/Kristina
<b>Aqua Xtreme (FP)</b> 7:35 -8:30am Joyce/McKay		<b>Aqua Xtreme (FP)</b> 7:35 -8:30am Sarah C	<b>Aqua Blast (FP)</b> 7:35 -8:30am Kristina	<b>Aqua Xtreme (FP/OP)</b> 8:35-9:30am Rotation	<b>Dance Blast (U)</b> <i>on Summer Hiatus</i>	<b>Ballet FIT 1 (U)</b> 9:00 -10:00am FIT Team Rotation
<b>CardioJam (L)</b> 8:30-9:25am Traci	<b>RIP! Express (L)</b> 8:35-9:20am Sarah C	<b>CardioJam (L)</b> 8:30-9:25am Traci	<b>Aqua Stretch &amp; Tone (FP)</b> 8:35-9:30am Kathy F	<b>PIYo (L)</b> 9:15-10:00am Sarah C	<b>Sweat-a-lates (PS)</b> 9:00-9:30am Pilates Team Rotation	<b>HIIT: Interval (L)</b> 10:00-10:45am Brian/Natalie
<b>Pilates Mat Core (U)</b> 8:30-9:25am Kathy R	<b>Aqua Interval (FP)</b> 8:35-9:30 Heather/Toni	<b>Aqua Stretch &amp; Tone (FP)</b> 8:35-9:30am Sarah C/Kathy F	<b>Vinyasa 1 Yoga (MB)</b> 9:20-10:30am Cindy	<b>Orange Revolution Cycle</b> 9:30-10:00am Francine/Jessica	<b>Cycle Circuit (Cycle)</b> 9:00-9:50am Brian/Jessica	<b>RIP! (L)</b> 11:00-12:00pm Connie/Mary L
<b>Aqua Stretch &amp; Tone (FP)</b> 8:35-9:30am Joyce/McKay	<b>Vinyasa 1 Yoga (MB)</b> 9:20-10:30am Jessica	<b>FIT (L)</b> 9:30-10:30am Francine	<b>RIP! (L)</b> 9:30-10:30am Sarah C	<b>Dance Blast (U)</b> 9:30-10:30am Pilar	<b>Step (U)</b> 9:05-9:55am MaryAnn	
<b>Cycle Circuit (Cycle)</b> 9:30-10:20am Liz	<b>Ballet FIT 1 (U)</b> 9:30-10:30am MaryAnn	<b>Dance Blast (U)</b> 9:30-10:25am Pilar/Angelica	<b>TurboKick (U)</b> 9:30-10:30am Liz	<b>Yin Yoga 1 (MB)</b> 9:30 - 10:45am Hope	<b>TurboKick (L)</b> 9:10-10:00am Jess/Mary L	
<b>Dance Blast (U)</b> 9:30-10:25am Desiree	<b>HIIT: Boot Camp (L)</b> 9:30-10:30am Liz	<b>Pilates Mat Core (U)</b> 10:35-11:25am Jeannie	<b>Ballet FIT 2 (L)</b> 10:45-11:30am MaryAnn	<b>Aqua Stretch &amp; Tone (FP)</b> 9:35-10:30am Rotation	<b>Sweat-a-lates (PS)</b> 9:30-10:00am Pilates Team Rotation	
<b>Kickin' It (L)</b> 9:30-10:25am Francine	<b>Chair Yoga (MB)</b> 10:45-11:30am Hope	<b>Tai Chi Chih (MB)</b> 10:45-11:30 AM Intermittant Series		<b>FIT 30 (L)</b> 10:05 - 10:35am Francine/Liz	<b>PIYo (U)</b> 10:00-10:50am Katie/Rotation	
<b>Vinyasa 3 Yoga (MB)</b> 9:30-10:40am Catherine				<b>RIP! (L)</b> 10:45-11:45am Liz	<b>FIT (L)</b> 10:05-11:00am Francine /Connie	
<b>Core &amp; More (L)</b> 10:30-11:00am Francine					<b>Vinyasa 3 Yoga (MB)</b> 10:30-Noon Bruce	<b>Dance Blast (L)</b> 2:45-3:45pm Dyana
<b>Vinyasa 1 Yoga (MB)</b> 12:00 -1:00 pm Jessica	<b>RIP! (L)</b> 12:00-1:00pm Kelli	<b>Hatha 1 Yoga (MB)</b> 12:00-1:00pm Hope	<b>RIP! (L)</b> 12:00-1:00pm Kelli	<b>Vinyasa 2 Yoga (MB)</b> 12:00-1:00pm Jessica/Pamela		<b>RIP! Plus (L)</b> 4:00-5:00pm Mary N/Kelli
						<b>Gentle Yoga (MB)</b> 5:00-6:00pm Debbie/Deb
<b>RIP! (L)</b> 4:40- 5:40pm Katie/Sarah C	<b>FIT (L)</b> 4:40-5:30pm Connie/Melissa	<b>HIIT: Insanity (L)</b> 4:40-5:25pm Mary N/Richard	<b>RIP! (L)</b> 4:40-5:40pm Connie/Sarah B	<b>COLOR CODING:</b> Change in specific time or format offered Offered in short series; see RAC app and posters		
<b>Vin Yin Yoga 1 (MB)</b> 5:30 - 6:45pm Beth	<b>Orange Revolution Cycle</b> 5:00-5:30pm Kynn	<b>Pilates Mat Core (U)</b> 5:10 - 5:55pm Kathy R	<b>HIIT: Tabata 30 (L)</b> 5:45 - 6:15pm Brian			
<b>Step (U)</b> 5:35-6:25pm Mary L	<b>Vinyasa 2 Yoga (MB)</b> 5:30-6:30pm Bruce	<b>Vinyasa 2 Yoga (MB)</b> 5:35-6:35pm Richard	<b>Core &amp; More (L)</b> 6:20-6:50pm Brian			
<b>Aqua Interval (FP/OP)</b> 5:35-6:30pm Jeni	<b>TurboKick (L)</b> 5:35-6:25pm Mary N	<b>Aqua Blast (FP/OP)</b> 5:35-6:30pm Heather				
<b>HIIT: Boot Camp (L)</b> 5:55-6:45pm Mary N	<b>Orange Revolution Cycle</b> 5:45-6:15pm Kynn	<b>RIP! Plus (L)</b> 5:35-6:35pm Kelli				
<b>Core &amp; More (U)</b> 6:35-7:00pm Mary L	<b>Dance Blast (U)</b> 5:45-6:40pm Mariam	<b>Cycle Circuit (Cycle)</b> 5:45-6:35pm Brian				
<b>Dance Blast (L)</b> 7:00-8:00pm Rita	<b>RIP! (L)</b> 6:35-7:35pm Mary L	<b>Dance Blast (U)</b> 6:00-6:50pm Rita				
<b>Vinyasa 2 Yoga (MB)</b> 7:00-8:00pm Beth						

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 RAC app and use the Fitness on Demand tile to find a listing of virtual class options. Use the FOD studio schedule to view when preprogrammed videos are set to play and the scheduled openings for selecting a video to view from the IPADS outside the studios.

## 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** - In the water instructor 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.

**Ballet FIT 2** - A ballet-style workout, designed to improve strength, flexibility, agility, posture and balance without using a barre.

**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 Blast 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.

**Dance Blast** - 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: Interval** - options for body weight as well as equipment based exercises to build strength and cardiovascular endurance.

**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.

**Orange Revolution Cycle** – 30 minute low impact training designed to achieve heart rates that boost metabolism and increase energy.

**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.

**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

**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

### **SPECIALITY CLASS DESCRIPTIONS:**

**Chair Yoga** - Unique combination of strength and stretching exercises while seated in a chair for those who appreciate modifications.

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

**Tai Chi Chih** - moving meditation that aims to create healthy balance, stress relief and relaxation.