

RAC GROUP FITNESS LIVE CLASSES WINTER SCHEDULE 2019 *



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

Continues through Sunday, March 31

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
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Studio Cycle (Cycle) 5:30-6:20am Chris	PIYo (L) 5:30-6:20am Jess	Barre FIT (U) 5:30-6:20am Jess	HIIT: Interval (L) 5:30-6:20am Jess/Mary N	Cycle Circuit (Cycle) 5:30-6:20am Lindzey (ends 3/15)		
RIP! (L) 5:30-6:30am Karen/Melissa	Studio Cycle (Cycle) 5:30-6:20am Kara	RIP! (L) 5:30-6:30am Katie	Studio Cycle (Cycle) 5:30-6:20am Mario	RIP! Plus (L) 5:30-6:30am Katie/Jess	Studio Cycle (Cycle) 7:30-8:20am Chris/Mario (ends 3/16)	
Hatha 1 Yoga (MB) 7:00-8:00am Shelley	Vinyasa 1 Yoga (MB) 5:30-6:30am Shelley		Vinyasa 1 Yoga (MB) 5:30-6:30am Pamela		RIP! (L) 8:00-9:00am Karen/Sarah B	Aqua Interval (FP) 8:30-9:15am Jeni/Heather
CardioJam (L) 8:30-9:25am Traci		CardioJam (L) 8:30-9:25am Traci		Zumba Gold (U) 8:30-9:25am Traci	Aqua Xtreme (OP) 8:30-9:30am Connie	Aqua Stretch&Tone (FP) 9:15-9:45am Jeni/Heather
Pilates Mat Core (U) 8:30-9:20am Kathy R	RIP! Express (L) 8:35-9:20am Sarah C	Aqua Xtreme (FP) 8:35-9:30am Sarah C	Aqua Blast (FP) 8:35-9:30am Kristina	Aqua Xtreme (FP) 8:35-9:30am Kristina	Hatha 1 Yoga (MB) 8:30-9:45am Deb	Ballet FIT (U) 9:00 -10:00am FIT Team Rotation
Aqua Xtreme (FP) 8:35-9:30am Joyce/McKay	Vinyasa 1 Yoga (MB) 9:20-10:30am Cindy	FIT (L) 9:30-10:30am Francine	Vinyasa 1 Yoga (MB) 9:20-10:30am Cindy/Jessica	PIYo (L) 9:15-10:00am 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 Liz	Ballet FIT (U) 9:30-10:30am MaryAnn	Dance Blast (U) 9:30-10:25am Pilar/Angelica	RIP! (L) 9:30-10:30pm Melissa	Cycle Tabata 30 (Cycle) 9:30-10:00am Francine/Jessica	Dance Blast (U) 8:30-9:15am Desiree/Robyn	RIP! (L) 11:00-12:00pm Connie/Mary L
Dance Blast (U) 9:30-10:25am Desiree	HIIT: Boot Camp (L) 9:30-10:30am Liz	Aqua Stretch & Tone (FP) 9:35-10:30am Sarah C	TurboKick (U) 9:30-10:25am Liz	Dance Blast (U) 9:30-10:30am Pilar	Cycle Circuit (Cycle) 9:00-9:50am Brian/Lindzey	
Kickin' It (L) 9:30-10:25am Francine	Foam Rolling (L) 10:35-11:00am Jon 1/8 - 2/12	Tai Chi Chih (MB) 10:45 - 11:30 AM Ivonne (2/6 - 3/27)	Aqua Stretch & Tone (FP) 9:35-10:30am Kristina	Yin Yoga 1 (MB) 9:30 - 10:45am Hope	TurboKick (L) 9:10-10:00am Jess/Mary L	
Vinyasa 3 Yoga (MB) 9:30-10:40am Catherine	Chair Yoga (MB) 10:45-11:30am Hope	Pilates Mat Core (U) 10:35-11:25am Jeannie	Ballet FIT (U) 10:30-11:30am Sarah C	Aqua Stretch & Tone (FP) 9:35-10:30am Kristina	Sweat-a-lates (PS) 9:30-10:00am Pilates Team Rotation	
Aqua Stretch & Tone (FP) 9:35-10:30am Joyce/McKay				FIT 30 (L) 10:05 - 10:35am Francine/Liz	Step (U) 9:20-10:05am MaryAnn	
Core & More (L) 10:30-11:00am Francine	RIP! (L) 12:00-1:00pm Kelli	HIIT: Intervals (L) 12:00-12:45pm Bethany	RIP! (L) 12:00-1:00pm Kelli	RIP! (L) 10:45-11:45am Liz	FIT (L) 10:05-11:00am Francine /Connie	Cycle Movie Ride (Cycle) 2:00 - 3:30pm Brian
Vinyasa 1 Yoga (MB) 12:00 -1:00 pm Jessica	Aqua Interval (FP) 1:00-2:00pm Heather/Toni	Hatha 1 Yoga (MB) 12:00-1:00pm Hope	Chair Yoga (MB) 12:15-1:00pm Hope	Vinyasa 1 Yoga (MB) 12:00-1:00pm Ashlie	PIYo (U) 10:10-10:55am Katie	Dance Blast (U) 3:00-3:50pm Dyana
				Yoga Series: Happy Hour 5:00 - 6:00pm Ends on February 15	Vinyasa 3 Yoga (MB) 10:30-Noon Bruce	RIP! Plus (L) 4:00-5:00pm Mary N/Kelli
RIP! (L) 4:40- 5:40pm Katie	FIT (L) 4:40-5:30pm Melissa/Connie	TurboKick (L) 4:40-5:25pm Mary N	Mindful Meditation (MB) 4:30-5:00pm Bruce 1/7-2/14	RAC DELI FRIDAY HAPPY HOUR 6:00 - 8:00pm		Gentle Yoga (MB) 5:00-6:00pm Debbie/Deb
Vin Yin Yoga 1 (MB) 5:30 - 6:45pm Beth	Foam Rolling (U) 5:15 - 5:40pm 1/8 - 2/12	Pilates Mat Core (U) 5:10 - 5:55pm Kathy R	RIP! (L) 4:40-5:40pm Sarah B	COLOR CODING: Returning Aqua Classes scheduled in Family Pool		
Cycle Circuit (Cycle) 5:30-6:30pm Sarah B/Mary N	Vinyasa 2 Yoga (MB) 5:30-6:30pm Bruce	Vinyasa 2 Yoga (MB) 5:30-6:30pm Richard	Vinyasa 2 Yoga (MB) 5:15 - 6:15pm Bruce	Change in specific time or format offered		
Step (U) 5:35-6:25pm Mary L/MaryAnn	Intro to Studio Cycling 5:45-6:30pm 2 More Tuesdays	Aqua Blast (FP) 5:35-6:30pm Heather	HIIT: Tabata 30 (L) 5:45 - 6:15pm Brian	Unique short term offerings		
Aqua Interval (FP) 5:35-6:30pm Jeni	HIIT: Insanity (L) 5:35-6:25pm Mary N/Joie	RIP! Plus (L) 5:35-6:35pm Melissa	Core & More (L) 6:20-6:50pm Brian	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.		
HIIT: Boot Camp (L) 5:55-6:45pm Lindzey	Dance Blast (U) 5:45-6:40pm Mariam	Cycle Circuit (Cycle) 5:45-6:30pm Brian	Dance Blast (U) 6:00-6:50pm Robyn			
Core & More (U) 6:35-7:00pm Mary L/MaryAnn	RIP! (L) 6:35-7:35pm Mary L	Dance Blast (U) 6:00-6:50pm Rita	Yin Yoga 1 (MB) 6:30-7:30pm Richard			
Dance Blast (L) 7:00 - 8:00pm Rita	Barre FIT (U) 6:45-7:30pm McKay	Core & More (L) 6:40-7:05pm Melissa				
Vinyasa 2 Yoga (MB) 7:00-8:00pm Beth						

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.

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.

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

Dance Blast - A full body cardio experience using choreography and music to have fun and become fit.

Foam Rolling - A 25 minute class to help soothe tight, sore areas (known as trigger points) and speed up muscle recovery.

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.

Mindfulness Meditation for Strengths - A thirty minute guided meditation to enhance your innate talents.

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.

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.

Foam Rolling - A 25 minute class to help soothe tight, sore areas (known as trigger points) and speed up muscle recovery.

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

Happy Hour: Yoga Series - A seven week drop-in series providing unique yoga opportunities each Friday night.

Mindfulness Meditation for Strengths - A thirty minute guided meditation to enhance your innate talents.