

# Aqua Fitness Alternative Class Options



The following classes may be appropriate Group Fitness alternatives to consider during the Indoor Aquatics Area renovation which begins September 4. Note that there are some Outdoor Pool Aqua Fitness class options offered through the end of September (highlighted in yellow). There are also a few specific classes taught by aqua instructors that were added which will run throughout the project (highlighted in blue). Contact Sarah Cima at (507) 287-9318 or scima@racmn.com with any questions or for assistance in choosing appropriate options.

**(L)** Lower Studio **(U)**-Upper Studio **(Cycle)**-Cycle Studio **(MB)**-Mind/Body Studio **(PS)**-Pilates Studio **(OP)**-Outdoor Pool Through Sept.

| Mon.   | Tues.   | Wed.  | Thurs.   | Fri.   | Sat.   | Sun.  |
|--|---|---|--|--|--|---|
|  | Vinyasa 1 Yoga (MB)<br>5:30-6:20am<br>Shelley |   |  |  |  |   |
| Hatha 1 Yoga (MB)<br>7:00-8:00am<br>Shelley                    |   |   |  |  |  |   |
| CardioJam (L)<br>8:30-9:25am<br>Traci                          | RIP! Express (L)<br>8:35-9:20am<br>Sarah C    | CardioJam (L)<br>8:30-9:25am<br>Traci                       | Stretch & Tone (U)<br>8:35-9:25 am<br>Kristina         | Zumba Gold (U)<br>8:30-9:25am<br>Traci                   | Hatha 1 Yoga (MB)<br>8:30-9:45am<br>Deb                      |   |
|  |   |   |  |  | Dance Blast (U)<br>8:30 - 9:15am<br>Rita                     |   |
| Dance Blast (U)<br>9:30-10:25am<br>Desiree                     | Vinyasa 1 Yoga (MB)<br>9:20-10:30am<br>Cindy  | Dance Blast (U)<br>9:30 - 10:30am<br>Pilar                  | Vinyasa 1 Yoga (MB)<br>9:20-10:30am<br>Catherine/Cindy | Cycle Tabata (Cycle)<br>9:30-10:00am<br>Francine/Sarah B | Aqua Extreme (OP)<br>8:30-9:30am<br>Last Class September 29  |   |
|  | Ballet FIT (U)<br>9:30-10:30am<br>MaryAnn     |   |  | Dance Blast (U)<br>9:30 - 10:30am<br>Pilar               | Sweat-a-lates (PS)<br>9:00-9:30am<br>Pilates Team Rotation   | Ballet FIT (U)<br>9:00 -9:55am<br>Sarah C/MaryAnn |
|  |   |   |  | Yin Yoga 1 (MB)<br>9:30 - 10:30am<br>Hope                | Sweat-a-lates (PS)<br>9:30 -10:00am<br>Pilates Team Rotation |   |
|  | Chair Yoga (MB)<br>10:45-11:30am<br>Hope      | Pilates Mat Core (U)<br>10:30-11:25am<br>Jeannie            |  |  |  |   |
| Ballet FIT (L)<br>12:00 -1:00pm<br>MaryAnn                     |   | Hatha 1 Yoga (MB)<br>12:00 -1:00pm<br>Hope                  | Chair Yoga (MB)<br>12:15 - 1:00pm<br>Hope              | Vinyasa 1 Yoga (MB)<br>12:00 -1:00pm<br>Ashlie           |  |   |
|  |   |   |  |  |  | Gentle Yoga (MB)<br>5:00-6:00pm<br>Debbie/Deb     |
| Vinayasa 1 Yoga<br>5:30 - 6:30pm<br>Bruce                      | FIT (L)<br>4:40 - 5:30pm<br>Connie            | Aqua Blast (OP)<br>5:30 - 6:30pm<br>Last Class September 26 |  |  |  |   |
| Aqua Interval (OP)<br>5:30 - 6:30pm<br>Last Class September 24 | Vin Yin 1 Yoga (MB)<br>5:00 - 6:15pm<br>Beth  | Cardio Jam Express (U)<br>5:30 - 5:25pm<br>Heather          |  |  |  |   |
| Cycle Circuit (Cycle)<br>5:30 - 6:20pm<br>Sarah B              | Studio Cycle (Cycle)<br>5:30 - 6:20pm<br>Kynn | Cycle Circuit (Cycle)<br>5:30 - 6:20pm<br>Brian             |  |  |  |   |
| Core & More (U)<br>6:35-7:00pm<br>Mary                         | Dance Blast (U)<br>5:45 - 6:40pm<br>Mariyam   | Vinyasa 2 Yoga<br>5:30 - 6:30pm<br>Richard                  | Core & More (L)<br>6:20 - 6:50pm<br>Brian              |  |  |   |
| Dance Blast (L)<br>7:00-8:00pm<br>Rita                         | Barre FIT (U)<br>6:45-7:30pm<br>McKay         | Dance Blast (U)<br>6:00 - 6:55pm<br>Molly                   | Yin Yoga 1 (MB)<br>6:30 - 7:30pm<br>Richard            |  |  |   |
| Vinyasa 2 Yoga (MB)<br>7:00 - 8:15pm<br>Beth                   |   |   |  |  |  |   |

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

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

If you would like to freeze your RAC Membership, please contact Janna Lindgren in the Business Office.

She may be reached at jllindgren@racmn.com or (507) 287-9315.

**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

**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

**3. SOLAR:** Mostly warming poses. Focus on developing strength and stamina. Expectation that foundational poses and alignment are

### **SPECIALITY CLASS DESCRIPTIONS:**

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

**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.