

RAC LIVE CLASSES FALL SCHEDULE 2019 *



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

Starts Tuesday, September 3

(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.
Orange Revolution (Cycle) 5:15-5:45am Maria	PIYo (L) 5:30-6:20am Jess	Barre FIT (U) 5:30-6:20am Jess/Sarah C	HIIT: Interval (L) 5:30-6:20am Jess	RIP! Plus (L) 5:30-6:30am Katie/Maria		
Orange Revolution (Cycle) 6:00-6:30am Maria	Studio Cycle (Cycle) 5:30-6:20am Mario	RIP! (L) 5:30-6:30am Katie	Studio Cycle (Cycle) 5:30-6:20am Kara	Vinyasa 2 Yoga (MB) 5:30-6:30am Ally (starts October 4)		
RIP! (L) 5:30-6:30am Karen	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	
Hatha 1 Yoga (MB) 7:00-8:00am Shelley		Aqua Interval (FP) 8:35-9:30am Brenna/Sarah C			Aqua Xtreme (FP) 8:30-9:30am Connie	Aqua Interval (FP) 8:30-9:15am Heather/Jeni
	RIP! Express (L) 8:35-9:20am Sarah C	CardioJam (L) 8:30-9:25am Traci	Pilates Barre (U) 8:30-9:20am Kathy R	Zumba Gold (U) 8:30-9:25am Traci	Hatha 1 Yoga (MB) 8:30-9:45am Deb	Aqua Stretch & Tone (FP) 9:15-9:45am Heather/Jeni
Aqua Xtreme (FP) 8:35-9:30 Joyce/McKay/Brenna	Hatha 1 Yoga (MB) 9:20-10:30am Sara A	Orange Revolution (Cycle) 9:30-10:00am Jessica/September 25	Aqua Blast (FP) 8:35-9:30am Kristina	Aqua Xtreme (FP) 8:35-9:30am Kristina	Sweat-a-lates (PS) 9:00-9:30am Pilates Team Rotation	Cardio Step & Strength (U) 9:00-9:40am MaryAnn/Step Team
CardioJam (L) 8:30-9:25am Traci	Ballet FIT 1 (U) 9:30-10:30am MaryAnn	FIT (L) 9:30-10:30am Francine	Aqua Stretch & Tone (FP) 9:35-10:30am Kristina/Kathy F	PIYo (L) 9:15-10:00am Sarah C	Cycle Circuit (Cycle) 9:00-9:50am Brian/Jessica G	Barre FIT (U) 9:45-10:30am MaryAnn/FIT Team
Aqua Stretch & Tone (FP) 9:35-10:30am Joyce/McKay/Brenna	HIIT: Boot Camp (L) 9:30-10:30am Liz	Dance Blast (U) 9:30-10:30am Angelica/Desiree	Vinyasa 1 Yoga (MB) 9:20-10:30am Cindy	Orange Revolution (Cycle) 9:30-10:00am Francine/Liz	TurboKick (L) 9:05-9:55am Jess/Mary L	HIIT: Interval (L) 10:00-10:45am Brian/Natalie
Cycle Circuit (Cycle) 9:30-10:20am Liz	Ballet FIT 2 (L) 10:45-11:30am MaryAnn	Aqua Stretch & Tone (FP) 9:35-10:30am Brenna/Sarah C	RIP! (L) 9:30-10:30am Sarah B	Dance Blast (U) 9:30-10:30am Pilar	HIIT: Interval (U) 9:05-9:55am HIIT Team	RIP! (L) 11:00-12:00pm Jess/Mary L
HIIT: Interval (U) 9:45-10:25am Sarah B	Chair Yoga (MB) 10:45-11:30am Hope	Yoga for Athletes 10:15 - 11:00am Jessica/September 25	TurboKick (U) 9:30-10:20am Liz	Yin Yoga 1 (MB) 9:30-10:45am Hope	Sweat-a-lates (PS) 9:30-10:00am Pilates Team Rotation	
Kickin' It (L) 9:30-10:25am Francine		Pilates Mat Core (U) 10:35-11:25am Jeannie	PIYo (U) 10:30-11:20am Liz	Aqua Stretch & Tone (FP) 9:35-10:30am Kristina	PIYo (U) 10:00-10:50am Katie	
Vinyasa 3 Yoga (MB) 9:30-10:40am Catherine				FIT 45 (L) 10:05 - 10:50am Francine/Liz	FIT (L) 10:05-11:00am Connie/Francine	
Dynamic Recovery (L) 10:30-11:00am FIT Team Rotation	Aqua Interval (FP) 12:00-1:00pm Heather/Toni	Vinyasa 1 Yoga (MB) 12:00-1:00pm Hope	RIP! (L) 12:00-1:00pm Jessica G	RIP! (L) 11:00am-12:00pm Kelli	Vinyasa 3 Yoga (MB) 10:30-Noon Bruce	Dance Blast (L) 2:45-3:45pm Dyana
Vinyasa 1 Yoga (MB) 12:00 -1:00 pm Jessica G	RIP! (L) 12:00-1:00pm Kelli	HIIT: Interval (L) 12:00-12:45pm Kelli	Sweat-a-lates (PS) 12:15-12:45pm Jeannie	Vinyasa 2 Yoga (MB) 12:00-1:00pm Pamela/Sara A		RIP! Plus (L) 4:00-5:00pm Mary N/Kelli
RIP! (L) 4:40- 5:40pm Katie			Tai Chi Chih (MB) 12:15-1:00pm Ivonne/Starts October 17			Gentle Yoga (MB) 5:00-6:00pm Richard/Deb
Ballet FIT 1 (U) 4:40-5:25pm Sarah C	FIT (L) 4:40-5:30pm Connie			COLOR CODING: Change in specific time or format previously offered Offered in short series or begins after September 3; see RAC app and posters		
Vin Yin Yoga 1 (MB) 5:30 - 6:45pm Beth	Orange Revolution (Cycle) 5:15-5:45pm Kynn	HIIT: Interval (L) 4:40-5:30pm Mary N	RIP! (L) 4:40-5:40pm Connie	All classes listed on this schedule are drop-in experiences and part of your RAC membership. No additional fees or sign-up is needed.		
Step (U) 5:35-6:25pm Mary L	TurboKick (L) 5:35-6:25pm Mary N	Dance Blast (U) 4:40 -5:30pm Rita	HIIT: Tabata 30 (L) 5:45 - 6:15pm Brian			
Aqua Interval (FP) 5:35-6:30pm Jeni	Vinyasa 2 Yoga (MB) 5:45 - 6:45pm Bruce	Aqua Blast (FP) 5:35-6:30pm Heather	PIYo (U) 5:45-6:35pm Robyn/November 7			
HIIT: Boot Camp (L) 5:45-6:40pm Mary N	Dance Blast (U) 5:45-6:40pm Mariam	Pilates Barre (U) 5:35-6:30pm Kathy R	Dynamic Recovery (L) 6:20-6:50pm Brian			
Pilates Mat Core (U) 6:30-7:15pm Ally/Starts September 23	Orange Revolution (Cycle) 6:00-6:30pm Kynn	RIP! Plus (L) 5:40-6:40pm Maria	Vinyasa 2 Yoga (MB) 5:45-6:35pm Richard			
Dance Blast (L) 6:45-7:45pm Rita	RIP! (L) 6:35-7:35pm Mary L	Cycle Circuit (Cycle) 5:45-6:35pm Brian				
Vinyasa 2 Yoga (MB) 7:00-8:00pm Beth	Pilates Barre (U) 6:45-7:30pm McKay	Vinyasa 3 Yoga (MB) 5:45-6:45pm Pamela				

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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 printed 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.

Cycle Circuit - A joint protecting cardio and strength training workout with great music that can be modified for any fitness level.

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

Dynamic Recovery - Stretches and movement that is designed to prevent muscle injury and soreness, accelerate muscular recovery, increase flexibility and calm the mind

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: 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 Barre - Using Pilates props, cues and the barre to strengthen the core and reinforce the classic principles of length and breath.

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/Cardio Step & Strength - 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 **new fitness participant** or anyone!

Yoga Classes:

HATHA: A series of held yoga postures that allow natural easeful breath and slow-paced exploration.

VINYASA: A series of held yoga postures that are linked with rhythmic breathing and moderate to quick-paced exploration.

YIN: A series of held yoga postures that are held for up to 5 minutes to target the connective tissue improving flexibility and mobility.

LEVELS:

- 1. LUNAR:** Mostly calming/cooling postures. Focus on foundational postures, alignment and self-exploration. All levels welcome.
- 2. SOLAR/LUNAR:** Balance of heating/cooling postures. Refinement of alignment and exploration of variations in foundational postures 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 postures. Focus on developing strength and stamina. Expectation that foundational postures and alignment are familiar. Refinement of alignment and variations of a range of postures 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.

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.

Yoga for Athletes - a 45 minute class offering calm, uncomplicated movement to experience greater flexibility & ease in the body