



**Short, challenging, and high intensity  
“orange” classes are meant to  
encourage participants to work at the  
upper ends of their comfort zone. In  
doing so, the goal is to boost  
metabolism and improve fitness.**

**Tuesday Evenings & Friday Mornings**

**5:00 to 5:30 P.M.**

**9:30 to 10:00 A.M.**

**5:45 to 6:15 P.M**

**Cycle Studio**

**Join the RAC Cycling instructor team for a 30 minute class as  
it is a drop-in experience and there is no fee  
or sign up required.**