

# RAC LIVE CLASSES WINTER SCHEDULE 2020



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

Ends April 5

(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.
<b>Cycle 30 (Cycle)</b> 5:15-5:45am <i>Maria</i>	<b>PiYo (L)</b> 5:30-6:20am <i>Jess</i>	<b>Barre FIT (U)</b> 5:30-6:20am <i>Jess/Sarah C</i>	<b>HIIT: Interval (L)</b> 5:30-6:20am <i>Paula</i>	<b>RIP! Plus (L)</b> 5:30-6:30am <i>Jess/Katie</i>		
<b>Cycle 30 (Cycle)</b> 6:00-6:30am <i>Maria</i>	<b>Cycle 50 (Cycle)</b> 5:30-6:20am <i>Kara</i>	<b>RIP! (L)</b> 5:30-6:30am <i>Katie</i>	<b>Cycle 50 (Cycle)</b> 5:30-6:20am <i>Chris</i>		<b>Cycle 50 (Cycle)</b> 7:30-8:20am <b>Last class 3/14</b>	
<b>RIP! (L)</b> 5:30-6:30am <i>Karen</i>	<b>Vinyasa 1 Yoga (MB)</b> 5:30-6:30am <i>Shelley</i>				<b>RIP! (L)</b> 8:00-9:00am <i>Karen</i>	
<b>Hatha 1 Yoga (MB)</b> 7:00-8:00am <i>Shelley</i>		<b>Aqua Interval (FP)</b> 8:35-9:30am <i>Sarah C/Brenna</i>	<b>Pilates Barre (U)</b> 8:30-9:20am <i>Kathy R</i>	<b>Zumba Gold (U)</b> 8:30-9:25am <i>Traci</i>	<b>Aqua Xtreme (FP)</b> 8:30-9:30am <i>Connie</i>	<b>Aqua Interval (FP)</b> 8:30-9:15am <i>Heather/Jeni</i>
	<b>RIP! Express (L)</b> 8:35-9:20am <i>Sarah C</i>	<b>CardioJam (L)</b> 8:30-9:25am <i>Traci</i>	<b>Aqua Blast (FP)</b> 8:35-9:30am	<b>Aqua Xtreme (FP)</b> 8:35-9:30am <i>Kristina</i>	<b>Hatha 1 Yoga (MB)</b> 8:30-9:45am <i>Deb</i>	<b>Aqua Stretch &amp; Tone (FP)</b> 9:15-9:45am <i>Heather/Jeni</i>
<b>CardioJam (L)</b> 8:30-9:25am <i>Traci</i>	<b>Hatha 1 Yoga (MB)</b> 9:20-10:30am <i>Sara A</i>	<b>Cycle 30 (Cycle)</b> 9:30-10:00am <i>Jessica G</i>	<b>Vinyasa 1 Yoga (MB)</b> 9:20-10:30am <i>Hope</i>	<b>PiYo (L)</b> 9:15-10:05am <i>Sarah C</i>	<b>Sweat-a-lates (PS)</b> 9:00-9:30am <i>Pilates Team Rotation</i>	<b>Cardio Step &amp; Strength (U)</b> 9:00-9:45am <i>MaryAnn/Step Team</i>
<b>Aqua Xtreme (FP)</b> 8:35-9:30 <i>Joyce/Brenna</i>	<b>Ballet FIT (U)</b> 9:30-10:30am <i>MaryAnn</i>	<b>FIT (L)</b> 9:30-10:30am <i>Francine</i>	<b>RIP! (L)</b> 9:30-10:30am <i>Sarah B</i>	<b>Cycle 30 (Cycle)</b> 9:30-10:00am <i>Francine/Liz</i>	<b>TurboKick (L)</b> 9:05-9:55am <i>Jess/Mary L</i>	<b>Ballet FIT (U)</b> 9:50-10:45am <i>MaryAnn/FIT Team</i>
<b>Cycle Plus (Cycle)</b> 9:30-10:20am <i>Liz</i>	<b>HIIT: Boot Camp (L)</b> 9:30-10:30am <i>Liz</i>	<b>Dance Blast (U)</b> 9:30-10:30am <i>Angelica/Desiree</i>	<b>TurboKick (U)</b> 9:30-10:20am <i>Liz</i>	<b>Dance Blast (U)</b> 9:30-10:30am <i>Pilar</i>	<b>HIIT: Interval (U)</b> 9:05-9:55am <i>Natalie/Paula</i>	<b>HIIT: Interval (L)</b> 10:00-10:45am <i>Brian/Natalie</i>
<b>Kickin' It (L)</b> 9:30-10:25am <i>Francine</i>	<b>Ballet FIT (L)</b> 10:45-11:30am <i>MaryAnn</i>	<b>Aqua Stretch &amp; Tone (FP)</b> 9:35-10:30am <i>Sarah C/Brenna</i>	<b>Aqua Stretch &amp; Tone (FP)</b> 9:35-10:30am <i>Kristina</i>	<b>Yin Yoga 1 (MB)</b> 9:30-10:45am <i>Hope</i>	<b>Cycle Plus (Cycle)</b> 9:10-10:00am <i>Brian/Jessica</i>	<b>RIP! (L)</b> 11:00-12:00pm <i>Jess/Mary L</i>
<b>Vinyasa 3 Yoga (MB)</b> 9:30-10:40am <i>Catherine</i>	<b>Chair Yoga (MB)</b> 10:45-11:30am <i>Hope</i>	<b>Yoga for Athletes (Vinyasa 1)</b> 10:15-11:15am <i>Jessica</i>	<b>PiYo (U)</b> 10:30-11:20am <i>Liz</i>	<b>Aqua Stretch &amp; Tone (FP)</b> 9:35-10:30am <i>Kristina</i>	<b>Sweat-a-lates (PS)</b> 9:30-10:00am <i>Pilates Team Rotation</i>	
<b>Aqua Stretch &amp; Tone (FP)</b> 9:35-10:30am <i>Joyce/Brenna</i>		<b>Pilates Mat Core (U)</b> 10:35-11:25am <i>Hope/Jeanne</i>	<b>Chair Yoga (MB)</b> 10:45-11:30am <i>Hope/Ivonne</i>	<b>HIIT: Tabata</b> 10:10-10:55am <i>Francine/Liz</i>	<b>PiYo (U)</b> 10:00-10:50am <i>Katie</i>	
<b>HIIT: Interval (U)</b> 9:35-10:25am <i>Sarah B</i>				<b>Buti Yoga (U)</b> 10:45-11:45pm <i>Juliana</i>	<b>FIT (L)</b> 10:05-11:00am <i>Melissa/Francine</i>	
<b>Dynamic Recovery (L)</b> 10:30-11:00am <i>FIT Team Rotation</i>	<b>Aqua Interval (FP)</b> 12:00-1:00pm <i>Heather/Brenna</i>	<b>HIIT: Interval (L)</b> 12:00-12:45pm <i>Kelli</i>	<b>RIP! (L)</b> 12:00-1:00pm <i>Jessica</i>	<b>RIP! (L)</b> 11:00am-12:00pm <i>Kelli</i>	<b>Vinyasa 3 Yoga (MB)</b> 10:30-Noon <i>Bruce</i>	<b>Dance Blast (L)</b> 2:45-3:45pm <i>Dyana</i>
<b>Vinyasa 1 Yoga (MB)</b> 12:00 -1:00 pm <i>Jessica</i>	<b>RIP! (L)</b> 12:00-1:00pm <i>Kelli</i>		<b>Tai Chi Chih (MB)</b> 12:15-1:00pm <i>Ivonne</i>	<b>Vinyasa 2 Yoga (MB)</b> 12:00-1:00pm <i>Pamela</i>		<b>RIP! Plus (L)</b> 4:00-5:00pm <i>Mary N/Kelli</i>
						<b>Gentle Yoga (MB)</b> 5:00-6:00pm <i>Richard/Deb</i>
<b>Ballet FIT (U)</b> 4:40-5:30pm <i>Sarah C</i>	<b>FIT (L)</b> 4:40-5:30pm <i>Connie/Melissa</i>	<b>HIIT: Interval (L)</b> 4:40-5:30pm <i>Mary N</i>	<b>RIP! (L)</b> 4:40-5:40pm <i>Connie</i>	<b>RIP! (L)</b> 5:00-6:00pm <i>Amanda</i>		
<b>RIP! (L)</b> 4:40- 5:40pm <i>Katie</i>	<b>Pilates Barre (U)</b> 4:40-5:35pm <i>Kathy R</i>	<b>Dance Blast (U)</b> 4:40 -5:30pm <i>Rita</i>	<b>HIIT: Tabata (L)</b> 5:45-6:15pm <i>Brian</i>	<b>COLOR CODING:</b> Change in name, specific time or format previously offered		
<b>Step (U)</b> 5:35-6:25pm <i>Mary L</i>	<b>Cycle 30 (Cycle)</b> 5:15-5:45pm <i>Maria</i>	<b>Aqua Blast (FP)</b> 5:35-6:30pm <i>Heather</i>	<b>PiYo (U)</b> 6:00-6:50pm <i>Robyn</i>	<div style="border: 2px dashed orange; padding: 10px; text-align: center;"> <p>All classes listed on this schedule are drop-in experiences and part of your RAC membership. No additional fees or sign-up is needed.</p> </div>		
<b>Aqua Interval (FP)</b> 5:35-6:30pm <i>Jeni</i>	<b>TurboKick (L)</b> 5:35-6:25pm <i>Mary N</i>	<b>Ballet FIT (U)</b> 5:35-6:30pm <i>Melissa</i>	<b>Dynamic Recovery (L)</b> 6:20-6:50pm <i>Brian</i>			
<b>HIIT: Boot Camp (L)</b> 5:45-6:40pm <i>Mary N</i>	<b>Vinyasa 2 Yoga (MB)</b> 5:45-7:00pm <i>Bruce</i>	<b>RIP! Plus (L)</b> 5:40-6:40pm <i>Maria</i>	<b>Vinyasa 2 Yoga (MB)</b> 6:30-7:30pm <i>Richard</i>			
<b>Vin Yin Yoga 1 (MB)</b> 6:45-7:45pm <i>Richard</i>	<b>Dance Blast (U)</b> 5:45-6:40pm <i>Mariam</i>	<b>Cycle Plus (Cycle)</b> 5:45-6:35pm <i>Brian</i>				
<b>Dance Blast (L)</b> 6:45-7:45pm <i>Rita</i>	<b>Cycle 30 (Cycle)</b> 6:00-6:30pm <i>Maria</i>	<b>Vinyasa 3 Yoga (MB)</b> 5:45-6:45pm <i>Pamela</i>				
	<b>RIP! (L)</b> 6:35-7:35pm <i>Mary L</i>	<b>Buti Yoga (U)</b> 6:45-7:45pm <i>Juliana</i>				

All classes listed on this schedule are drop-in experiences and part of your RAC membership. No additional fees or sign-up is needed.

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 (FOD) 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** - Designed to improve strength, flexibility, agility, posture, and confidence using dance principles, no ballet experience required.

**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 30** - A joint protecting cardio 30 minute workout with great music that can be adapted for any fitness level.

**Cycle 50** - A joint protecting cardio 50 minute workout with great music that can be adapted for any fitness level.

**Cycle Plus** - 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 with cardio components added.

**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** - An 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** - 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.

**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:**

**Buti Yoga** - A high-intensity primal and tribal movement based yoga experience.

**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 class offering calm, uncomplicated movement to experience greater flexibility & ease in the body