

RAC LIVE INSTRUCTOR LED CLASSES July 2020



*Please use the RAC app to secure a reservation for each class listed and to determine if updates have been made.

(L)-Lower Studio (U)-Upper Studio (Cycle)-Cycle Studio (MB)-Mind/Body Studio (#3)-Gym #3 (FP)-Family Pool (OP)-Outdoor Pool

The red number indicates the maximum number of participants in each location based on social distancing mandates.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! Plus (L) 5:30-6:15am Maria 15 participants	HIIT: Interval (L) 5:30-6:15am Jess 15 participants	RIP! (L) 5:30-6:15am Katie 15 participants	PiYo (L) 5:30-6:15am Jess 15 participants	RIP! (L) 5:30-6:15am Maria 15 participants		
Vinyasa 1 Yoga (MB) 5:30-6:15am Jessica G 7 participants			Studio Cycle (Cycle) 5:30-6:15am Chris 5 participants		RIP! (L) 7:30-8:15am Karen/Sarah C 15 participants	
Aqua Cardio Fitness (FP/OP) 7:30-8:15am Joyce 9 participants	Studio Cycle (Cycle) 7:30-8:15am Kara 5 participants	Aqua Cardio Fitness (FP/OP) 7:30-8:15am Sarah C 9 participants	Aqua Cardio Fitness (FP/OP) 7:30-8:15am Krisitna 9 participants	Aqua Cardio Fitness (FP/OP) 7:30-8:15am Heather 9 participants	Aqua Cardio Fitness (FP/OP) 7:30-8:15am Kristina 9 participants	Aqua Cardio Fitness (FP/OP) 7:30-8:15am Jeni 9 participants
	Hatha 1 Yoga (MB) 7:30-8:15am Sara A 7 participants		Pilates Mat (U) 7:30-8:15am Kathy R 9 participants			
Kickin' It (L) 9:30-10:15am Francine 15 participants	RIP! (L) 9:30-10:15am Sarah C 15 participants	FIT (L) 9:30-10:15am Francine 15 participants	RIP! (L) 9:30-10:15am Sarah C 15 participants	HIIT: Tabata (L) 9:30-10:15am Francine 15 participants	PiYo (U) 9:30-10:15am Katie 9 participants	
Vinyasa 3 Yoga (MB) 9:30-10:15am Catherine 7 participants	Vinyasa 1 Yoga (MB) 9:30-10:15am Sara A 7 participants	Vinyasa 1 Yoga (MB) 9:30-10:15am Hope 7 participants	Hatha 1 Yoga (MB) 9:30-10:15am Ivonne 7 participants	PiYo (U) 9:30-10:15am Sarah C 9 participants	TurboKick (L) 9:30-10:15am Jess 15 participants	HIIT: Interval (#3) 9:30-10:15am Brian/Paula 30 participants
HIIT: Interval (#3) 9:30-10:15am Liz 30 participants	Pilates Mat (U) 9:30-10:20am Kathy R 9 participants		HIIT: Interval (#3) 9:30-10:15am Liz 30 participants	Vin Yin 1 Yoga (MB) 9:30-10:15am Hope 7 participants		
Ballet FIT (U) 11:30-12:15 Sarah C 9 participants	Vinyasa 1 Yoga (MB) 11:30-12:15 Jessica G 7 participants	RIP! (L) 11:30-12:15 Jess 15 participants	Chair Yoga (MB) 11:30-9:15 Ivonne 7 participants	Vinyasa 2 Yoga (MB) 11:30-12:15 Pamela 7 participants	HIIT: Interval (#3) 11:30-12:15 Brian/Mary N 30 participants	RIP! (L) 11:30-12:15 Sarah B 15 participants
					FIT (L) 11:30-12:15 Francine/Lauren 15 participants	
	RIP! (L) 1:30-2:15pm Kelli 15 participants	HIIT: Interval (L) 1:30-2:15pm Kelli 15 participants				Dance Blast (L) 3:30-4:15pm Dyana 15 participants
		Dance Blast (U) 3:30-4:15pm Rita 15 participants				RIP! Plus (L) 5:30-6:15pm Kelli 15 participants
Dance Blast (U) 5:30-6:15pm Mariam 9 participants	PiYo (U) 5:30-6:15pm Robyn 9 participants	Dance Blast (U) 5:30-6:15pm Rita 15 participants	RIP! (L) 5:30-6:15pm Mary N 15 participants			Gentle Yoga 1 (MB) 5:30-6:15pm Deb 9 participants
RIP! (L) 5:30-6:15pm Katie 15 participants	TurboKick (L) 5:30-6:15pm Mary N 15 participants	Studio Cycle (Cycle) 5:30-6:15pm Maria 5 participants	HIIT: Tabata (#3) 5:30-6:15pm Brian 30 participants			
HIIT: Interval (#3) 5:30-6:15pm Mary N 30 participants	Studio Cycle (Cycle) 5:30-6:15pm Brian 5 participants	FIT (L) 5:30-6:15pm Lauren 15 participants				
	Vinyasa 1 Yoga (MB) 5:30-6:15pm Cindy 9 participants	Aqua Dance Fitness (FP) 5:30-6:15pm Heather 9 participants				
	HIIT: Tabata (#3) 5:30-6:15pm Paula 30 participants	Buti Flow Yoga (MB) 7:30-8:15pm Juliana 9 participants				
Vin Yin 1 Yoga (MB) 7:30-8:15pm Richard 7 participants	RIP! (L) 7:30-8:15pm Karen 15 participants	RIP! Plus (L) 7:30-8:15pm Mary L 15 participants				

ALL 45 minute classes listed are part of your membership. To access the fitness location a confirmed reservation is required. Please use the RAC app tile RESERVATIONS to select a Group Fitness class. Review the Virtual Group Fitness (FOD) schedule, if formats you seek are not offered at personally convenient times. Sign-up for those offerings via the RAC app as well.

GROUP FITNESS CLASS DESCRIPTIONS: *(those titles printed in blue = great introductory options)

Aqua Cardio Fitness - a cardiovascular and toning workout while the warm water soothes joints.

Ballet FIT - Designed to improve strength, flexibility, agility and posture using dance principles; no ballet experience required.

Dance Blast - 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 with cardio components added.

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

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! Plus - Same barbell strength training class (RIP!) that includes short cardio exercises for an additional calorie burn.

TurboKick - A cardio kickboxing party choreographed to hot music mixes where fun is measured in sweat!

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 Flow Yoga - a flowing yoga sequence combined with tribal music.

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