

RAC LIVE INSTRUCTOR LED GROUP CLASSES 2025

Location Legend and class participation sizes: (L)-Lower Studio-34 (CS)-Cycle Studio-22 (F)-Family Pool-20 (G)-Gym 3-40 (U)-Upper Studio-19 (MB)-Mind/Body Studio-17 specialty/30 regular (P)- Pilates Studio-10

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
RIP! (L) 5:15-6:15am <i>Jess</i>	HIIT (L) 5:30-6:20am <i>Judy</i>	Balanced Body (U) 5:30-6:20am <i>Jenna</i>	HIIT (L) 5:15-6:00am <i>Jess</i>	RIP! (L) 5:15-6:15am <i>Katie/Jess</i>	HIIT (G) 7:30-8:30am <i>Brian</i>	Aqua Cardio Fit (F) 7:30-8:20am <i>Heather</i>
CardiBarre (U) 5:30-6:20am <i>Makenzi</i>	PiYo (U) 5:30-6:20am <i>Katie</i>	RIP! (L) 5:30-6:30am <i>Katie</i>	Vinyasa (MB) 6:00-7:00am <i>Anne</i>	Balanced Body (U) 5:30-6:20am <i>Jenna</i>	Aqua Cardio Fit (F) 7:30-8:20am <i>Jeni</i>	Yin Yoga (MB) 8:50-9:50am <i>Heather</i>
Vinyasa (MB) 6:00-7:00am <i>Anne</i>	Sunrise Flow (MB) 5:30-6:30am <i>Jackie</i>	Studio Cycle (CS) 5:30-6:20am <i>Ariel</i>	PiYo (U) 7:00-7:50am <i>Katie</i>	Vinyasa Yoga (MB) 8:30-9:30am <i>Shelley</i>	RIP! (L) 8:00-8:50am <i>Jess</i>	Ballet FIT (U) 9:00-10:00am <i>MaryAnn</i>
Aqua Cardio Fit (F) 8:30-9:20am <i>Joyce</i>	Aqua Cardio Fit (F) 8:30-9:20am <i>Beth</i>	Aqua Cardio Fit (F) 8:30-9:20am <i>Sarah C</i>	Aqua DanceBlast (F) 8:30-9:20am <i>Kristina</i>	Aqua Cardio Fit (F) 8:30-9:20am <i>Joyce/Kristina</i>	Hatha Yoga (MB) 8:30-9:30am <i>Mike</i>	Ballet FIT (U) 10:00-11:00am <i>MaryAnn</i>
CardioDance LI (L) 8:30-9:20am <i>Heather</i>	RIP! (L) 8:30-9:30am <i>Liz</i>	Power Fusion Yoga (U) 8:30-9:30am <i>Wendy</i>	Pilates Mat (L) 8:30-9:20am <i>Kathy R</i>	Total Body (L) 8:30-9:20pm <i>Melinda</i>	Studio Cycle Plus (CS) 9:00-9:50am <i>Rotation</i>	HIIT: Interval (L) 10:00:10:50am <i>Natalie</i>
Gentle Yoga (MB) 8:35-9:35am <i>Sam</i>	Pilates Mat (U) 8:30-9:20am <i>Kathy R</i>	Aqua Stretch & Tone (F) 9:30-10:20am <i>McKay</i>	Hatha Yoga (MB) 8:30-9:30 <i>Dawn</i>	Dynamic Training (G) 8:30-9:30pm <i>Katie R</i>	PiYo (U) 9:00-9:50am <i>Jess</i>	Vinyasa Yoga (MB) 10:30-11:30am <i>Beth</i>
Aqua Stretch & Tone (F) 9:30-10:20am <i>Joyce</i>	Vinyasa Express (MB) 8:30-9:15 <i>Kim</i>	Dance Blast (U) 9:40-10:30am <i>Angelica</i>	Beginner Pilates Mat (U) 8:45-9:15 <i>Sarah C</i>	Dance Blast (U) 9:30-10:20am <i>Pilar</i>	FIT (L) 9:00-10:00am <i>Francine</i>	RIP! (L) 11:00-12:00pm <i>Sarah B</i>
FIT (L) 9:45-10:45am <i>Liz</i>	Hatha Yoga (MB) 9:30-10:30 <i>Hope</i>	Kickin' It (L) 9:45-10:35am <i>Francine</i>	Ballet FIT (U) 9:30-10:30 <i>Sarah C</i>	Aqua Stretch & Tone (F) 9:30-10:20am <i>Joyce/Kristina</i>	Power Yoga Plus (MB) 10:00-11:15am <i>Bruce</i>	FEE Sound Bath (MB) 12-1 PM <i>Patty1st & 3rd of month</i>
Cycle TABATA (CS) 9:45-10:15am <i>Francine</i>	Ballet FIT (U) 9:30-10:30 <i>Sarah C</i>	TABATA Core (U) 10:35-10:55am <i>Francine</i>	Vinyasa Yoga (MB) 9:45-10:45am <i>Kim</i>	HIIT: Tabata/CORE (L) 9:45-10:45am <i>Francine</i>	Dance Blast (L) 10:10-11:10am <i>Melinda</i>	Dance Blast (L) 12:10-1:10 <i>Dani</i>
BhaktiYogaMeditation (MB) 9:45-10:30am <i>Jason</i>	HIIT (L) 9:45-10:45am <i>Liz</i>	RIP! (L) 11:00-11:50am <i>Aubrey</i>	RIP! (L) 9:45-10:45am <i>Hannah</i>	FreeFlow Movement(MB) 9:50-10:35 <i>Patty</i>	Power&Endurance (L) 11:20-12:20pm <i>Ariel</i>	Dance Blast Kids (L) 1:30-2:20 <i>Dani & Melinda</i>
TABATA Core (U) 10:20-10:40 <i>Francine</i>	Chair Yoga (MB) 10:45-11:30am <i>Hope</i>	Hatha Yoga (MB) 11:30-12:30 <i>Abigail</i>	HIIT: Interval (G) 9:45-10:45am <i>Liz</i>	Chair Yoga (MB) 10:45-11:30 <i>Jess</i>	Yoga Sculpt (U) 11:10-12:10pm <i>Juliana</i>	Dance Blast (U) 3:00-3:50pm <i>Jude</i>
T'ai Chi Chih (MB) 11:00-11:45am <i>Patty</i>	Strong Bones (L) 11:00-11:50am <i>Katie R</i>	HIIT: Interval (L) 12:10-1:00pm <i>Kelli</i>	Dynamic Recovery (G) 10:45-11:15am <i>Liz</i>	RIP! (L) 11:00-12:00pm <i>Sarah C</i>	Buti Yoga (MB) 12:15-1:15pm <i>Juliana</i>	Total Body (U) 4:00-5:00pm <i>Melinda</i>
RIP! (L) 11:00-12:00pm <i>Liz</i>	Aqua Cardio Fit (F) 12:00-12:50 <i>Brenna</i>	Lunch Hour Fitness (U) 12:10-1:00 (ends 5/21) <i>Marine</i>	Strong Bones (L) 11:00-11:50am <i>Katie R</i>	Pilates Mat (U) 11:00-12:00pm <i>McKay</i>		RIP! Plus (L) 4:30-5:30pm <i>Kelli</i>
Dance Blast (U) 11:00-12:00pm <i>Ili</i>	Hatha Yoga Express (MB) 12:00-12:45pm <i>Shelley</i>	Power&Endurance (L) 3:30-4:30pm <i>Ariel</i>	T'ai Chi Chih (MB) 11:00-11:45am <i>Patty</i>	Dance Blast (L) 4:30-5:20pm <i>Ili</i>		Vinyasa Yoga (MB) 5:45-6:30pm <i>Kelli</i>
Lunch Hour Fitness (U) 12:10-1:00 (ends 5/19) <i>Marine</i>	RIP! (L) 12:00-1:00pm <i>Kelli</i>	CardiBarre (U) 4:30-5:20pm <i>Makenzi</i>	SoundBath (MB) 12:00-12:30pm <i>Patty</i>	Step (U) 4:30-5:20pm <i>Melinda</i>		
PiYo (L) 3:30-4:20pm <i>Katie</i>		Power Yoga (MB) 4:30-5:30pm <i>Richard</i>	Aqua Cardio Fit (F) 12:00-12:50pm <i>Brenna</i>	RIP! (L) 5:35-6:35pm <i>Kelli</i>		
Dance Blast (U) 4:30-5:25pm <i>Melinda</i>	Vinyasa Yoga (MB) 4:15-5:15pm <i>Jess T</i>	Dance Blast (L) 4:45-5:35pm <i>Rita</i>	HIIT (L) 3:30-4:20pm <i>Aubry</i>			
RIP! (L) 4:35-5:35pm <i>Katie</i>	CSI: 30 (L) 4:30-5:00pm <i>Katie</i>	Studio Cycle Plus (CS) 4:45-5:45 <i>Ariel</i>	Vinyasa Yoga (MB) 4:15-5:15pm <i>Jess T</i>			
	PiYo (U) 5:00-5:50pm <i>Robyn</i>	Aqua DanceBlast (F) 5:30-6:20pm <i>Heather</i>	RIP! (L) 4:35-5:35pm <i>Kelli</i>			
Aqua Cardio Fit (F) 5:30-6:20pm <i>Jeni</i>	CSI: 30 (L) 5:05-5:35pm <i>Katie</i>	Total Body (U) 5:45-6:45pm <i>Melinda</i>	Dance Blast (L) 5:40-6:40pm <i>Dani</i>			
Step (U) 5:35-6:25pm <i>Mary L</i>	Dance Blast (L) 5:40-6:35pm <i>Dyana</i>	HIIT: 30 Bootcamp (L) 5:50-6:20/6:25-6:55 <i>Brian</i>	Yoga Sculpt (U) 6:40-7:40pm <i>Juliana</i>			
Dance Blast (L) 5:40-6:40pm <i>Rita</i>	Buti Yoga (MB) 6:15-7:15pm <i>Juliana</i>		Core & Restore (U) 7:45-8:15pm <i>Juliana</i>			
Hatha Yoga (MB) 6:00-7:15pm <i>Abigail</i>	RIP! (L) 6:45-7:45pm <i>Mary L</i>	Dance Blast (L) 7:00-8:00pm <i>Jude</i>				
Yoga Sculpt (U) 6:40-7:40pm <i>Juliana</i>		Yin Yoga (MB) 7:00-8:00pm <i>Heather</i>				

Yellow highlighting indicates a change from a previously published schedule.

All classes listed on this schedule are included as part of your membership.

Reservations for classes are preferred. Please use the RAC app to secure a reservation. If the class is not full, drop ins are welcome up to the max participant number. DROP INS WILL NOT RECEIVE CLASS NOTICES AHEAD OF TIME.

Please cancel your reservation ASAP if you can't attend a class.

Fitness on Demand is available for members to select virtual class options when preferred.

GROUP FITNESS CLASS DESCRIPTIONS

(Titles printed in blue = great introductory options)

Aqua Cardio Fitness - A cardiovascular and toning workout; aqua equipment use is optional.

Aqua Dance Blast - A dance-inspired cardiovascular workout; equipment is not needed.

Aqua Stretch and Tone - A low impact experience that builds strength and improves joint mobility.

Balanced Body - A low impact, full body workout focusing on strength, balance, posture and mobility. ALL LEVELS WELCOME!

Ballet FIT - No ballet experience needed as dance principles are used to improve strength flexibility, agility and posture.

Ballet Stretch & Tone - A low impact class based on ballet barre moves to aid balance, muscle control and range of motion.

CardiBarre - A class that sculpts and tones with barre movements while also targeting your heartrate.

Cardio Dance LI (Low Intensity) - Choreography set to music that provides a fun and accessible cardio experience.

Core & Restore - Blended class combines mat based core strengthening with restorative yoga poses and myofascial release using foam roller.

CSI (Cardio Strength Intervals): 30 - Interval training that includes muscle conditioning and cardio endurance.

Dance Blast - A choreographed, cardiovascular, high energy and fun-filled dance fitness class.

Dynamic Recovery - Class focused on mobility and stretching, and allowing the body to recover from your workout.

Dynamic Training - This class provides direct coaching and high energy exercises focusing on strength as well as aerobic training.

FIT (Functional Integrated Training) - Compound exercises to improve strength, range of motion, as well as flexibility with added cardio.

HIIT (High Intensity Interval Training) - Strength and cardiovascular endurance are the focus in this interval class.

HIIT: Tabata - A specific high intensity interval training with 24 second anaerobic work bursts followed by 10 second rests.

Kickin' It - Jabs, uppercuts, side and front kicks are just some of the cardiovascular and toning options offered in this class.

Life Long Fitness - This strength and balance training class focuses on long term fitness goals; multiple options are offered.

Pilates Mat - Pilates principles are used to strengthen the core in addition to balance, flexibility and breath.

PiYo - Combining yoga and Pilates concepts, this music-based choreographed faster paced class offers a low impact workout.

Power & Endurance - A class for all fitness levels using compound exercises and a variety of equipment to improve strength and endurance.

RIP! - A choreographed barbell strength training class working major muscle groups to develop endurance and strength.

RIP! Plus - Choreographed barbell strength class working major muscle groups to develop endurance and strength that includes short cardio.

Sound Bath - A relaxing meditative experience while bathed in sound waves.

Step - Utilizing the step, motivational music and creative choreography, an aerobic workout will be enjoyed.

Step Evolution - A class designed for the experienced step participant with advanced step choreography.

Strong Bones - To improve overall health, this welcoming class focuses on strength, balance and floorwork.

Studio Cycle - Using varied speeds and resistance, this interval joint protecting workout relies on music for motivation.

Studio Cycle Plus - Varied speeds and resistance as well as motivating music, this class adds strength training exercises in addition to cycling.

T'ai Chi Chih - Patterned meditative movements that provide stress relief and relaxation.

Total Body - Advanced cardio and toning choreographed options using music around 132 BPM.

YOGA CLASS TYPES

(Titles printed in blue = great introductory options)

GROUND - Classes designed to build the foundation of your yoga practice from the GROUND up.

Ex: Gentle Yoga - VinYin - Chair Yoga - Hatha Yoga

FLOW - Classes designed to FLOW at a faster pace, with more transitions and less pauses.

Ex: Vinyasa - Yoga Flow for Athletes - Hatha Yoga Express - Sunrise Flow

HEAT - Classes designed to create internal HEAT with powerful poses, challenging transitions and intense breathwork.

Ex: Power Yoga - Power Yoga Plus - Warm Power Fusion

STILL - Classes designed to STILL the mind and allow the body to recover with gentle stretches and soft transitions.

Ex: Yin - Restorative - Slow Flow to Stillness - Bhakti Yoga Meditation - Constructive Rest - QiGong

EXPAND - Classes designed to EXPAND your idea of yoga with a fusion of other workouts to challenge normal routines.

Ex: Buti Flow Yoga - Yoga Sculpt - PiYo - Power Fusion Yoga

(Each individual class is a unique experience and has a more detailed description created by the instructor on the RAC app.)