

# 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.
<b>Balanced Body (U)</b> 5:30-6:20am <i>Jenna</i>	<b>HIIT (L)</b> 5:30-6:20am <i>Judy</i>	<b>Balanced Body (U)</b> 5:30-6:20am <i>Jenna</i>	<b>CardiBarre (U)</b> 5:30-6:20am <i>Makenzi</i>	<b>Balanced Body (U)</b> 5:30-6:20am <i>Jenna</i>	<b>Aqua Cardio Fit (O)</b> 7:30-8:20am <i>Jeni</i>	<b>Aqua Cardio Fit (O)</b> 7:30-8:20am <i>Rotation</i>
<b>RIP! (L)</b> 5:45-6:45am <i>Jess</i>	<b>PiYo (U)</b> 5:30-6:20am <i>Katie</i>	<b>RIP! (L)</b> 5:30-6:30am <i>Katie</i>	<b>Studio Cycle Plus (CS)</b> 6:00-6:50am <i>Julie</i>	<b>RIP! (L)</b> 6:30-7:30am <i>Jess</i>	<b>HIIT (G)</b> 7:30-8:30am <i>Brian</i>	<b>Yin Yoga (MB)</b> 8:50-9:50am <i>Heather</i>
<b>Vinyasa (MB)</b> 6:00-7:00am <i>Anne</i>	<b>Sunrise Flow (MB)</b> 5:30-6:30am <i>Jackie</i>	<b>Studio Cycle (CS)</b> 5:30-6:20am <i>Kynn</i>	<b>Vinyasa (MB)</b> 6:00-7:00am <i>Anne</i>	<b>Aqua Cardio Fit (O)</b> 8:30-9:20am <i>Joyce</i>	<b>RIP! (L)</b> 7:45-8:45am <i>Jess</i>	<b>Ballet FIT (U)</b> 9:00-10:00am <i>MaryAnn</i>
<b>Aqua Cardio Fit (F)</b> 7:30-8:20am <i>Joyce</i>	<b>CardiBarre (U)</b> 6:30-7:20am <i>Makenzi</i>	<b>MindfulMovement (MB)</b> 6:30-7:30am <i>Hope</i>	<b>HIIT (L)</b> 7:00-7:45am <i>Jess</i>	<b>Core and More (L)</b> 8:30-9:20pm <i>Melinda</i>	<b>Hatha Yoga (MB)</b> 8:30-9:30am <i>Mike</i>	<b>Ballet FIT (U)</b> 10:00-11:00am <i>MaryAnn</i>
<b>Aqua Stretch &amp; Tone (F)</b> 8:30-9:20am <i>Joyce</i>	<b>Aqua Cardio Fit (F)</b> 8:30-9:20am <i>Beth</i>	<b>Aqua Cardio Fit (F)</b> 7:30-8:20am <i>Sarah C</i>	<b>PiYo (U)</b> 7:00-7:50am <i>Katie</i>	<b>Dynamic Training (G)</b> 8:30-9:30pm <i>Katie R</i>	<b>FIT (L)</b> 9:00-10:00am <i>Francine</i>	<b>HIIT: Interval (L)</b> 10:00:10:50am <i>Natalie</i>
<b>CardioDance LI (L)</b> 8:30-9:20am <i>Heather</i>	<b>Pilates Mat (U)</b> 8:30-9:20am <i>Kathy R</i>	<b>Aqua Stretch &amp; Tone (F)</b> 8:30-9:20am <i>Rotation</i>	<b>Aqua Cardio Fit (F)</b> 8:30-9:20am <i>Beth</i>	<b>Vinyasa Yoga (MB)</b> 8:30-9:30am <i>Shelley</i>	<b>Studio Cycle Plus (CS)</b> 9:00-9:50am <i>Rotation</i>	<b>Vinyasa Yoga (MB)</b> 10:30-11:30am <i>Beth</i>
<b>Gentle Yoga (MB)</b> 8:35-9:35am <i>Rotation</i>	<b>RIP! (L)</b> 8:30-9:30am <i>Sarah B</i>	<b>Dance Blast Intro (L)</b> 8:30-9:20am <i>Pilar</i>	<b>Hatha Yoga (MB)</b> 8:30-9:30 <i>Dawn</i>	<b>Aqua Stretch &amp; Tone (F)</b> 9:30-10:20am <i>Joyce</i>	<b>PiYo (U)</b> 9:00-9:50am <i>Jess</i>	<b>RIP! (L)</b> 11:00-12:00pm <i>Sarah B</i>
<b>BhaktiYogaMeditation (MB)</b> 9:45-10:30am <i>Jason</i>	<b>Vinyasa Express (MB)</b> 8:30-9:15 <i>Kim</i>	<b>Power Fusion Yoga (U)</b> 8:30-9:30am <i>Wendy</i>	<b>Pilates Mat (L)</b> 8:30-9:20am <i>Kathy R</i>	<b>Dance Blast (U)</b> 9:30-10:20am <i>Rotation</i>	<b>Power Yoga Plus (MB)</b> 10:00-11:15am <i>Bruce</i>	<b>FEE Sound Bath (MB)</b> 12-1 PM <i>Patty1st &amp; 3rd of month</i>
<b>Cycle TABATA (CS)</b> 9:45-10:15am <i>Francine</i>	<b>Ballet FIT (U)</b> 9:30-10:30 <i>Sarah C</i>	<b>Hatha Yoga (MB)</b> 9:30-10:45 <i>Abigail</i>	<b>Beginner Pilates Mat (U)</b> 8:45-9:15 <i>Sarah C</i>	<b>HIIT: Tabata/CORE (L)</b> 9:45-10:45am <i>Francine</i>	<b>Dance Blast (L)</b> 10:10-11:10am <i>Melinda</i>	<b>Dance Blast (L)</b> 12:10-1:10 <i>Dani</i>
<b>FIT (L)</b> 9:45-10:45am <i>Liz</i>	<b>Hatha Yoga (MB)</b> 9:30-10:30 <i>Hope</i>	<b>Dance Blast (U)</b> 9:40-10:30am <i>Angelica</i>	<b>Ballet FIT (U)</b> 9:30-10:30 <i>Sarah C</i>	<b>FreeFlow Movement(MB)</b> 9:50-10:35 <i>Patty</i>	<b>Yoga Sculpt (U)</b> 10:20-11:20am <i>Juliana</i>	
<b>TABATA Core (U)</b> 10:20-10:40 <i>Francine</i>	<b>HIIT (L)</b> 9:45-10:45am <i>Liz</i>	<b>Kickin' It (L)</b> 9:45-10:35am <i>Francine</i>	<b>HIIT: Interval (G)</b> 9:45-10:45am <i>Liz</i>	<b>Chair Yoga (MB)</b> 10:45-11:30 <i>Jess</i>	<b>Power&amp;Endurance (L)</b> 11:20-12:20pm <i>Ariel</i>	<b>Dance Blast (U)</b> 3:00-3:50pm <i>Jude</i>
<b>Dance Blast (U)</b> 11:00-12:00pm <i>Ili</i>	<b>Chair Yoga (MB)</b> 10:45-11:30am <i>Hope</i>	<b>TABATA Core (U)</b> 10:35-10:55am <i>Francine</i>	<b>RIP! (L)</b> 9:45-10:45am <i>Mattee</i>	<b>RIP! (L)</b> 11:00-12:00pm <i>Sarah C</i>	<b>Buti Yoga (MB)</b> 11:30-12:30pm <i>Juliana</i>	<b>Total Body (U)</b> 4:00-5:00pm <i>Melinda</i>
<b>RIP! (L)</b> 11:00-12:00pm <i>Liz</i>	<b>Strong Bones (L)</b> 11:00-11:50am <i>Katie R</i>	<b>Gentle Yoga (MB)</b> 11:00-12:00pm <i>Sam</i>	<b>Vinyasa Yoga (MB)</b> 9:45-10:45am <i>Kim</i>			<b>RIP! Plus (L)</b> 4:30-5:30pm <i>Kelli</i>
<b>T'ai Chi Chih (MB)</b> 11:00-11:45am <i>Patty</i>	<b>Aqua Cardio Fit (F)</b> 12:00-12:50 <i>Brenna</i>	<b>RIP! (L)</b> 11:00-11:50am <i>Aubry</i>	<b>Dynamic Recovery (G)</b> 10:45-11:15am <i>Liz</i>	<b>Dance Blast (L)</b> 4:30-5:30pm <i>Ili</i>		<b>Vinyasa Yoga (MB)</b> 5:45-6:30pm <i>Kelli</i>
	<b>Hatha Yoga Express (MB)</b> 12:00-12:45pm <i>Shelley</i>	<b>HIIT: Interval (L)</b> 12:10-1:00pm <i>Kelli</i>	<b>Strong Bones (L)</b> 11:00-11:50am <i>Katie R</i>	<b>Step (U)</b> 4:30-5:20pm <i>Melinda</i>		
<b>PiYo (L)</b> 3:30-4:20pm <i>Katie</i>	<b>RIP! (L)</b> 12:00-1:00pm <i>Kelli</i>	<b>Power&amp;Endurance (L)</b> 3:30-4:30pm <i>Ariel</i>	<b>T'ai Chi Chih (MB)</b> 11:00-11:45am <i>Patty</i>	<b>RIP! (L)</b> 5:35-6:35pm <i>Kelli</i>		
<b>Dance Blast (U)</b> 4:30-5:25pm <i>Melinda</i>	<b>Vinyasa Yoga (MB)</b> 4:15-5:15pm <i>Jess T</i>	<b>Power Yoga (MB)</b> 4:30-5:30pm <i>Richard</i>	<b>Aqua Cardio Fit (F)</b> 12:00-12:50pm <i>Brenna</i>	<p>Yellow highlighting indicates a change from a previously published schedule.</p> <p>All classes listed on this schedule are included as part of your membership.</p> <p>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.</p> <p>Please cancel your reservation ASAP if you can't attend a class.</p> <p>Fitness on Demand is available for members to select virtual class options when preferred.</p>		
<b>Yin &amp; Restore (MB)</b> 4:30-5:30pm <i>Sara A</i>	<b>CSI: 30 (L)</b> 4:30-5:00pm <i>Katie</i>	<b>Dance Blast (L)</b> 4:45-5:35pm <i>Rita</i>	<b>SoundBath (MB)</b> 12:00-12:30pm <i>Patty</i>			
<b>RIP! (L)</b> 4:35-5:35pm <i>Katie</i>	<b>PiYo (U)</b> 5:00-5:50pm <i>Robyn</i>	<b>Studio Cycle Plus (CS)</b> 4:45-5:45 <i>Ariel</i>	<b>HIIT (L)</b> 3:30-4:20pm <i>Aubry</i>			
<b>Aqua Cardio Fit (O)</b> 5:30-6:20pm <i>Jeni</i>	<b>CSI: 30 (L)</b> 5:05-5:35pm <i>Katie</i>	<b>Aqua DanceBlast (O)</b> 5:30-6:20pm <i>Heather</i>	<b>Vinyasa Yoga (MB)</b> 4:15-5:15pm <i>Jess T</i>			
<b>Step (U)</b> 5:35-6:25pm <i>Mary L</i>	<b>Dance Blast (L)</b> 5:40-6:35pm <i>Rita</i>	<b>Total Body (L)</b> 5:45-6:45pm <i>Melinda</i>	<b>RIP! (L)</b> 4:35-5:35pm <i>Kelli</i>			
<b>Dance Blast (L)</b> 5:40-6:40pm <i>Rita</i>	<b>Buti Yoga (MB)</b> 6:00-7:00pm <i>Juliana</i>	<b>HIIT: 30 Bootcamp (U)</b> 5:50-6:20 <i>Brian</i>	<b>Dance Blast (L)</b> 5:40-6:40pm <i>Dani</i>			
<b>Hatha Yoga (MB)</b> 6:00-7:15pm <i>Abigail</i>	<b>RIP! (L)</b> 6:45-7:45pm <i>Mary L</i>	<b>Core and More (U)</b> 6:25-6:55 <i>Brian</i>	<b>Yoga Sculpt (U)</b> 6:40-7:40pm <i>Juliana</i>			
<b>Yoga Sculpt (U)</b> 6:40-7:40pm <i>Juliana</i>	<b>Core &amp; Restore (U)</b> 7:10-7:40pm <i>Juliana</i>	<b>Dance Blast (L)</b> 7:00-8:00pm <i>Jude</i>	<b>Belly Dancing (MB)</b> 6:45-7:45pm <i>Nesreen (women only)</i>			
		<b>Yin Yoga (MB)</b> 7:00-8:00pm <i>Heather</i>				

## 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** - This dynamic fitness class combines weights, resistance bands, cardio, and toning exercises for a full-body workout.

## 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 .)