

RAC LIVE INSTRUCTOR LED GROUP CLASSES 2026

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>Jess</i>	Aqua Cardio Fit (F) 7:30-8:20am <i>Jeni</i>	Aqua Cardio Fit (F) 7:30-8:20am <i>Rotation</i>
Balanced Body (U) 5:30-6:20am <i>Jenna</i>	PiYo (U) 5:30-6:20am <i>Katie</i>	RIP! (L) 5:30-6:30am <i>Jessie</i>		Balanced Body (U) 5:30-6:20am <i>Jenna</i>	HIIT (G) 7:30-8:30am <i>Brian</i>	Yin Yoga (MB) 8:50-10:00am <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>Kynn</i>	Studio Cycle Plus (CS) 6:00-6:50am <i>Julie</i>	Aqua Cardio Fit (F) 8:30-9:20am <i>Joyce/Beth</i>	RIP! (L) 7:45-8:45am <i>Jess</i>	
Aqua Cardio Fit (F) 8:30-9:20am <i>Joyce</i>		Aqua Cardio Fit (F) 8:30-9:20am <i>Sarah C</i>	Vinyasa (MB) 6:00-7:00am <i>Anne</i>	Dynamic Training (G) 8:30-9:30pm <i>Katie R</i>	Hatha Yoga (MB) 8:30-9:30am <i>Mike</i>	
CardioDance LI (L) 8:30-9:20am <i>Heather</i>	Aqua Cardio Fit (F) 8:30-9:20am <i>Kristina</i>	Dance Blast Intro (L) 8:30-9:20am <i>Pilar</i>	PiYo (U) 7:00-7:50am <i>Katie</i>	Vinyasa Yoga (MB) 8:30-9:30am <i>Shelley</i>	FIT (L) 9:00-10:00am <i>Francine</i>	HIIT: Interval (L) 10:00-10:50am <i>Natalie</i>
Bhakti Meditation (MB) 8:30-9:15am <i>Jason</i>	Pilates Mat (U) 8:30-9:20am <i>Kathy R</i>	Power Fusion Yoga (U) 8:30-9:30am <i>Wendy</i>	Aqua Cardio Fit (F) 8:30-9:20am <i>Beth</i>	Ballet FIT (U) 8:30-9:20 <i>MaryAnn</i>	Studio Cycle Plus (CS) 9:00-9:50am <i>Rotation</i>	Vinyasa Yoga (MB) 10:30-11:30am <i>Beth</i>
Aqua Stretch & Tone (F) 9:30-10:20am <i>Joyce</i>	RIP! (L) 8:30-9:30am <i>Liz</i>	Aqua Stretch & Tone (F) 9:30-10:20am <i>Rotation</i>	Hatha Yoga (MB) 8:30-9:30 <i>Dawn</i>	Aqua Stretch & Tone (F) 9:30-10:20am <i>Joyce/Beth</i>	PiYo (U) 9:00-9:50am <i>Jess</i>	RIP! (L) 11:00-12:00pm <i>Sarah B</i>
Gentle Yoga (MB) 9:30-10:30am <i>Sam</i>	Vinyasa Express (MB) 8:30-9:15 <i>Kim</i>	Hatha Yoga (MB) 9:30-10:45 <i>Abigail</i>	Pilates Mat (L) 8:30-9:20am <i>Kathy R</i>	Dance Blast (U) 9:30-10:30am <i>Pilar</i>	Power Yoga Plus (MB) 10:00-11:15am <i>Bruce</i>	FEE Sound Bath (MB) 12-1 PM <i>Patty 1st & 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>	Dance Blast (U) 9:40-10:30am <i>Angelica</i>	Beginner Pilates Mat (U) 8:45-9:15 <i>Sarah C</i>	HIGH Fitness (G) 9:45-10:30am <i>Mattee</i>	Dance Blast (L) 10:10-11:10am <i>Melinda</i>	Dance Blast (L) 12:10-1:10 <i>Dani</i>
FIT (L) 9:45-10:45am <i>Liz</i>	Yin 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>	HIIT: Tabata/CORE (L) 9:45-10:45am <i>Francine</i>	Yoga Sculpt (U) 10:20-11:20am <i>Juliana</i>	
TABATA Core (U) 10:20-10:50 <i>Francine</i>	HIIT (L) 9:45-10:45am <i>Liz</i>	HIGH Fitness (G) 9:45-10:30am <i>Aubry</i>	HIIT: Interval (G) 9:45-10:45am <i>Liz</i>	Core and More (U) 10:45-11:35pm <i>Melinda</i>	Power&Endurance (L) 11:30-12:30pm <i>Ariel</i>	
Dance Blast (U) 11:00-12:00pm <i>Ili</i>	Chair Yoga (MB) 10:45-11:30am <i>Hope</i>	TABATA Core (U) 10:35-10:55am <i>Francine</i>	RIP! (L) 9:45-10:45am <i>Mattee</i>	Chair Yoga (MB) 10:45-11:30 <i>Jess</i>	Buti Yoga (MB) 11:30-12:30pm <i>Juliana</i>	Total Body (L) 3:00-4:00pm <i>Melinda</i>
RIP! (L) 11:00-12:00pm <i>Liz</i>	Strong Bones (L) 11:00-11:50am <i>Katie R</i>	Chair Yoga (MB) 11:00-11:45pm <i>Sam</i>	Vinyasa Yoga (MB) 9:45-10:45am <i>Kim</i>	RIP! (L) 11:00-12:00pm <i>Sarah C</i>	Core and More (U) 11:30-12:10pm <i>Melinda</i>	RIP! Plus (L) 4:30-5:30pm <i>Kelli</i>
T'ai Chi Chih (MB) 11:00-11:45am <i>Patty</i>	Aqua Cardio Fit (F) 12:00-12:50 <i>Beth</i>	RIP! (L) 11:00-11:50am <i>Katie</i>	Dynamic Recovery (G) 10:45-11:15am <i>Liz</i>	Dance Blast (L) 4:30-5:30pm <i>Ili</i>	Pilates Pulse (U) 12:40-1:40 <i>Michaela</i>	Yoga Flow & Reflect (MB) 4:45-5:45pm <i>Rotation</i>
Ballet Stretch/Tone (U) 12:05-12:50 <i>Cassie</i>	Hatha Yoga Express (MB) 12:00-12:45pm <i>Shelley</i>	Ballet Stretch/Tone (U) 12:05-12:50 <i>Cassie</i>	Strong Bones (L) 11:00-11:50am <i>Katie R</i>			Dynamic Mobility (L) 5:35-6:05pm <i>Kelli</i>
PiYo (L) 3:30-4:20pm <i>Katie</i>	RIP! (L) 12:00-1:00pm <i>Kelli</i>	HIIT: Interval (L) 12:10-1:00pm <i>Kelli</i>	T'ai Chi Chih (MB) 11:00-11:45am <i>Patty</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>	Power&Endurance (L) 3:30-4:30pm <i>Ariel</i>	Aqua Cardio Fit (F) 12:00-12:50pm <i>Kay</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>		
Yin & Restore (MB) 4:30-5:30pm <i>Sara A</i>	CSI: 30 (L) 4:30-5:00pm <i>Katie</i>	Power Yoga (MB) 4:30-5:30pm <i>Richard</i>	SoundBath (MB) 12:00-12:30pm <i>Patty</i>			
RIP! (L) 4:35-5:35pm <i>Katie</i>	PiYo (U) 5:00-5:50pm <i>Robyn</i>	Dance Blast (L) 4:45-5:35pm <i>Rita</i>				
Aqua Cardio Fit (F) 5:30-6:20pm <i>Jeni</i>	CSI: 30 (L) 5:05-5:35pm <i>Katie</i>	Studio Cycle Plus (CS) 5:00-6:00 <i>Ariel</i>	Vinyasa Yoga (MB) 4:15-5:15pm <i>Jess T</i>			
Step (U) 5:35-6:25pm <i>Mary L</i>	Dance Blast (L) 5:40-6:35pm <i>Rita</i>	Aqua DanceBlast (F) 5:30-6:20pm <i>Heather</i>	RIP! (L) 4:35-5:35pm <i>Kelli</i>			
Dance Blast (L) 5:40-6:40pm <i>Rita</i>	Buti Yoga (MB) 6:00-7:00pm <i>Juliana</i>	Total Body (L) 5:45-6:45pm <i>Melinda</i>	Dance Blast (L) 5:40-6:40pm <i>Dani</i>			
Hatha Yoga (MB) 6:00-7:15pm <i>Abigail</i>	RIP! (L) 6:45-7:45pm <i>Mary L</i>	HIIT: 30/Core (U) 5:50-6:20/ 6:25-6:55 <i>Brian</i>	Yoga Sculpt (U) 6:40-7:40pm <i>Juliana</i>			
Yoga Sculpt (U) 6:50-7:50pm <i>Juliana</i>	Core & Restore (U) 7:15-8:00pm <i>Juliana</i>	Yin Yoga (MB) 7:00-8:00pm <i>Heather</i>	Belly Dancing (MB) 6:45-7:45pm <i>Nesreen (women only)</i>			
		Dance Blast (U) 7:05-8:00pm <i>Jude</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 - Dynamic, full-body workout that blends balance, functional mobility, & strength work with low & high intensity options.

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 Mobility - Dynamic stretches and functional mobility drills help release tightness and promote recovery. All levels welcome.

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 - Flow & Reflect

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.)