

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> | Ballet FIT (U) 8:15-9:15 <i>MaryAnn</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> | Aqua Cardio Fit (F) 8:30-9:20am <i>Joyce/Beth</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> | Dynamic Training (G) 8:30-9:30pm <i>Katie R</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> | Vinyasa Yoga (MB) 8:30-9:30am <i>Shelley</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 (check RAC App)</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>Michaela</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> | HIIT: Interval (G) 9:45-10:45am <i>Liz</i> | HIIT: Tabata/CORE (L) 9:45-10:45am <i>Francine</i> | Yoga Sculpt (U) 10:20-11:20am <i>Juliana</i> | Ballet Stretch/Tone (U) 1:35-2:20 <i>Cassie</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>Mattee</i> | RIP! (L) 9:45-10:45am <i>Mattee</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> | Vinyasa Yoga (MB) 9:45-10:45am <i>Kim</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> | Dynamic Recovery (G) 10:45-11:15am <i>Liz</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> | Strong Bones (L) 11:00-11:50am <i>Katie R</i> | Dance Blast (L) 4:30-5:30pm <i>Ili</i> | Pilates Pulse (U) 12:30-1:30 <i>Michaela</i> | Yoga Flow & Reflect (MB) 4:45-5:45pm <i>Rotation</i> |
| | Hatha Yoga Express (MB) 12:00-12:45pm <i>Shelley</i> | Pilates Pulse (U) 11:00-12:00 <i>Michaela</i> | T'ai Chi Chih (MB) 11:00-11:45am <i>Patty</i> | Ballet Stretch/Tone (U) 4:15-5:10 <i>Cassie</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> | Aqua Cardio Fit (F) 12:00-12:50pm <i>Kay</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> | SoundBath (MB) 12:00-12:30pm <i>Patty</i> | | | |
| 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> | | | | |
| 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> | Total Body (U) 5:55-6:55pm <i>Melinda</i> | Dance Blast (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> | Buti Yoga (MB) 6:00-7:00pm <i>Juliana</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> | RIP! (L) 6:45-7:45pm <i>Mary L</i> | Yin Yoga (MB) 7:00-8:00pm <i>Heather</i> | Belly Dancing (MB) 6:45-7:45 <i>Nesreen (women only)</i> | | | |
| | Core & Restore (MB) 7:10-7:55pm <i>Juliana</i> | Dance Blast (U) 7:05-8:00pm <i>Jude</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 and can be made through the RAC app. NON-REGISTERED MEMBERS 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 - 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.)