

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 Jess	HIIT (L) 5:30-6:20am Judy	Balanced Body (U) 5:30-6:20am Jenna	HIIT (L) 5:15-6:00am Jess	RIP! (L) 5:15-6:15am Jess	Aqua Cardio Fit (F) 7:30-8:20am Jeni	Aqua Cardio Fit (F) 7:30-8:20am Rotation
Balanced Body (U) 5:30-6:20am Jenna	PIYo (U) 5:30-6:20am Katie	RIP! (L) 5:30-6:30am Katie	CardiBarre (U) 5:30-6:20am Makenzi	Balanced Body (U) 5:30-6:20am Jenna	HIIT (G) 7:30-8:30am Brian	Yin Yoga (MB) 8:50-10:00am Heather
Vinyasa (MB) 6:00-7:00am Anne	Sunrise Flow (MB) 5:30-6:30am Jackie	Studio Cycle (CS) 5:30-6:20am Kynn	Studio Cycle Plus (CS) 6:00-6:50am Julie	Aqua Cardio Fit (F) 8:30-9:20am Joyce/Beth	RIP! (L) 7:45-8:45am Jess	Ballet FIT (U) 9:00-10:00am MaryAnn
Aqua Cardio Fit (F) 8:30-9:20am Joyce		MindfulMovement (MB) 6:30-7:30am Hope	Vinyasa (MB) 6:00-7:00am Anne	Core and More (L) 8:30-9:20pm Melinda	Hatha Yoga (MB) 8:30-9:30am Mike	Ballet FIT (U) 10:00-11:00am MaryAnn
CardioDance LI (L) 8:30-9:20am Heather	Aqua Cardio Fit (F) 8:30-9:20am Kristina	Aqua Cardio Fit (F) 8:30-9:20am Sarah C	PIYo (U) 7:00-7:50am Katie	Dynamic Training (G) 8:30-9:30pm Katie R	FIT (L) 9:00-10:00am Francine	HIIT: Interval (L) 10:00-10:50am Natalie
BhaktiYogaMeditation (MB) 8:30-9:15am Jason	Pilates Mat (U) 8:30-9:20am Kathy R	Dance Blast Intro (L) 8:30-9:20am Pilar	Aqua Cardio Fit (F) 8:30-9:20am Beth	Vinyasa Yoga (MB) 8:30-9:30am Shelley	Studio Cycle Plus (CS) 9:00-9:50am Rotation	Vinyasa Yoga (MB) 10:30-11:30am Beth
Aqua Stretch & Tone (F) 9:30-10:20am Joyce	RIP! (L) 8:30-9:30am Liz	Power Fusion Yoga (U) 8:30-9:30am Wendy	Hatha Yoga (MB) 8:30-9:30 Dawn	Aqua Stretch & Tone (F) 9:30-10:20am Joyce/Beth	PIYo (U) 9:00-9:50am Jess	RIP! (L) 11:00-12:00pm Sarah B
Gentle Yoga (MB) 9:30-10:30am Sam	Vinyasa Express (MB) 8:30-9:15 Kim	Aqua Stretch & Tone (F) 9:30-10:20am Rotation	Pilates Mat (L) 8:30-9:20am Kathy R	Dance Blast (U) 9:30-10:30am Pilar	Power Yoga Plus (MB) 10:00-11:15am Bruce	FEE Sound Bath (MB) 12-1 PM Patty1st & 3rd of month
Cycle TABATA (CS) 9:45-10:15am Francine	Ballet FIT (U) 9:30-10:30 Sarah C	Hatha Yoga (MB) 9:30-10:45 Abigail	Beginner Pilates Mat (U) 8:45-9:15 Sarah C	HIGH Fitness (G) 9:45-10:30am Mattee	Dance Blast (L) 10:10-11:10am Melinda	Dance Blast (L) 12:10-1:10 Dani
FIT (L) 9:45-10:45am Liz	Hatha Yoga (MB) 9:30-10:30 Hope	Dance Blast (U) 9:40-10:30am Angelica	Ballet FIT (U) 9:30-10:30 Sarah C	HIIT: Tabata/CORE (L) 9:45-10:45am Francine	Yoga Sculpt (U) 10:20-11:20am Juliana	
TABATA Core (U) 10:20-10:40 Francine	HIIT (L) 9:45-10:45am Liz	Kickin' It (L) 9:45-10:35am Francine	HIIT: Interval (G) 9:45-10:45am Liz	FreeFlowMovement(MB) 9:50-10:35 Patty	Power&Endurance (L) 11:20-12:20pm Ariel	Dance Blast (U) 3:00-3:50pm Jude
Dance Blast (U) 11:00-12:00pm Ili	Chair Yoga (MB) 10:45-11:30am Hope	HIGH Fitness (G) 9:45-10:30am Aubry	RIP! (L) 9:45-10:45am Mattee	Chair Yoga (MB) 10:45-11:30 Jess	Buti Yoga (MB) 11:30-12:30pm Juliana	Total Body (U) 4:00-5:00pm Melinda
RIP! (L) 11:00-12:00pm Liz	Strong Bones (L) 11:00-11:50am Katie R	TABATA Core (U) 10:35-10:55am Francine	Vinyasa Yoga (MB) 9:45-10:45am Kim	RIP! (L) 11:00-12:00pm Sarah C		RIP! Plus (L) 4:30-5:30pm Kelli
T'ai Chi Chih (MB) 11:00-11:45am Patty	Aqua Cardio Fit (F) 12:00-12:50 Brenna	Chair Yoga (MB) 11:00-11:45pm Sam	Dynamic Recovery (G) 10:45-11:15am Liz	Dance Blast (L) 4:30-5:30pm Ili		Vinyasa Yoga (MB) 5:45-6:30pm Kelli
	Hatha Yoga Express (MB) 12:00-12:45pm Shelley	RIP! (L) 11:00-11:50am Aubry	Strong Bones (L) 11:00-11:50am Katie R	Step (U) 4:30-5:20pm Melinda		
PIYo (L) 3:30-4:20pm Katie	RIP! (L) 12:00-1:00pm Kelli	HIIT: Interval (L) 12:10-1:00pm Kelli	T'ai Chi Chih (MB) 11:00-11:45am Patty	RIP! (L) 5:35-6:35pm Kelli		
Dance Blast (U) 4:30-5:25pm Melinda	Vinyasa Yoga (MB) 4:15-5:15pm Jess T	Power&Endurance (L) 3:30-4:30pm Ariel	Aqua Cardio Fit (F) 12:00-12:50pm Brenna			
Yin & Restore (MB) 4:30-5:30pm Sara A	CSI: 30 (L) 4:30-5:00pm Katie	Power Yoga (MB) 4:30-5:30pm Richard	SoundBath (MB) 12:00-12:30pm Patty			
RIP! (L) 4:35-5:35pm Katie	PIYo (U) 5:00-5:50pm Robyn	Dance Blast (L) 4:45-5:35pm Rita				
Aqua Cardio Fit (F) 5:30-6:20pm Jeni	CSI: 30 (L) 5:05-5:35pm Katie	Studio Cycle Plus (CS) 4:45-5:45 Ariel	Vinyasa Yoga (MB) 4:15-5:15pm Jess T			
Step (U) 5:35-6:25pm Mary L	Dance Blast (L) 5:40-6:35pm Rita	Aqua DanceBlast (F) 5:30-6:20pm Heather	RIP! (L) 4:35-5:35pm Kelli			
Dance Blast (L) 5:40-6:40pm Rita	Buti Yoga (MB) 6:00-7:00pm Juliana	Total Body (L) 5:45-6:45pm Melinda	Dance Blast (L) 5:40-6:40pm Dani			
Hatha Yoga (MB) 6:00-7:15pm Abigail	RIP! (L) 6:45-7:45pm Mary L	HIIT: 30/Core (U) 5:50-6:20/ 6:25-6:55 Brian	Yoga Sculpt (U) 6:40-7:40pm Juliana			
Yoga Sculpt (U) 6:40-7:40pm Juliana	Core & Restore (U) 7:15-8:00pm Juliana	Dance Blast (L) 7:00-8:00pm Jude	Belly Dancing (MB) 6:45-7:45pm Nesreen (women only)			
		Yin Yoga (MB) 7:00-8:00pm Heather				

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 - 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.)