



8709 161st Ave. NE Redmond, WA 98052 425.883.4449 www.therac.net

Winter 2009-2010

Redmond Athletic Club Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cardio Burn 6:00am- 7:00am Group Fitness Room Debbie A.</p> <p>Pilates Mat 8:00am-9:00am Group Fitness Room Elena J.</p> <p>Power Yoga 9:15am-10:15am Group Fitness Room, Heather C.</p> <p>Body by Candy 10:20am- 11:20am Group Fitness Room Candy M.</p>	<p>Dynamic Strength 5:00am- 6:00am Group Fitness Room Julie V.</p> <p>Hardcore Cycling Lvl 2-3 6:00am- 6:45am Cycling Studio Julie V.</p> <p>Total Body Sculpt 9:15am- 10:15am Group Fitness Room Jenna G.</p> <p>Cycling by Season 9:30am- 10:15am Cycling Studio Terry F.</p> <p>Yoga Fundamentals Lvl 1 10:30am- 11:30am Group Fitness Room Heather C.</p>	<p>Butts and Guts 6:00am- 7:00am Group Fitness Room Julie V.</p> <p>Pilates Mat 8:00am- 9:00am Group Fitness Room Gina C.</p> <p>Power Yoga 9:15am-10:15am Group Fitness Room Heather C.</p> <p>Body by Candy 10:20am- 11:20am Group Fitness Room Candy M.</p>	<p>Dynamic Strength 5:00am- 6:00am Group Fitness Room Julie V.</p> <p>Hardcore Cycling Lvl 2-3 6:00am- 6:45am Cycling Studio Julie V.</p> <p>Total Body Sculpt 9:15am- 10:15am Group Fitness Room Jenna G.</p> <p>Cycling by Season 9:30am- 10:15am Cycling Studio Terry F.</p> <p>Cardio Kick 10:30am- 11:30am Group Fitness Room Terry F.</p>	<p>Cardio Burn 6:00am- 7:00am Group Fitness Room Debbie A.</p> <p>Gentle Yoga, Lvl 1 8:00am- 9:00am Group Fitness Room Heather C.</p> <p>On the Ball 9:15- 10:15am Group Fitness Room Annie H.</p> <p>Body by Candy 10:20am- 11:20am Group Fitness Room Candy M.</p>	<p>Hardcore Cycling Lvl 2-3 8:00am- 9:00am Cycling Studio Julie V.</p> <p>Classic Cardio 8:00am- 9:00am Group Fitness Room Alyssa B.</p> <p>Butts and Guts 9:15am- 10:15am Group Fitness Room Julie V.</p> <p>Pilates Mat 10:20am- 11:20am Group Fitness Room Candy M.</p>
<p>Noon Platoon 12:00pm- 1:00pm Weight Room Area Sgt. Mike L.</p>	<p>Noon Platoon 12:00pm- 1:00pm Weight Room Area Sgt. Mike L.</p> <p>Yoga Hour of Power 12:00pm- 1:00pm Group Fitness Room Jen E.</p>	<p>Noon Platoon 12:00pm- 1:00pm Weight Room Area Sgt. Mike L.</p>	<p>Noon Platoon HOOPS! 12:00pm-1:00pm Gym Sgt. Mike L.</p> <p>Yoga Hour of Power 12:00pm- 1:00pm Group Fitness Room Jen E.</p>	<p>Noon Platoon 12:00pm- 1:00pm Weight Room Area Sgt. Mike L.</p>	<p>Check our Workshop Schedule for Saturday workshops and special events</p>
<p>Ab Lab 5:00pm- 5:30pm Group Fitness Room Candy M.</p> <p>Body by Candy 5:30pm- 6:30pm Group Fitness Room Candy M.</p> <p>Indoor Cycling 5:45pm- 6:30pm Cycling Studio Debbie A.</p> <p>Butts and Guts 6:35pm- 7:35pm Group Fitness Room Debbie A.</p>	<p>Power Yoga Lvl 2-3 5:00pm- 6:15pm Group Fitness Room Jen E.</p> <p>Indoor Cycling 5:45pm- 6:45pm Cycling Studio Debbie A.</p> <p>Zumba 6:20pm- 7:20pm Group Fitness Room Elizabeth P.</p>	<p>Ab Lab 5:00pm- 5:30pm Group Fitness Room Candy M.</p> <p>Body by Candy 5:30pm- 6:30pm Group Fitness Room Candy M.</p> <p>Indoor Cycling 5:45pm- 6:30pm Cycling Studio Debbie A.</p> <p>Rock Climbing 6:00pm- 8:00pm Rock Climbing Wall Carlos P.</p> <p>Butts and Guts 6:35pm- 7:35pm Group Fitness Room Debbie A.</p>	<p>Power Yoga Lvl. 2-3 5:00pm- 6:15pm Group Fitness Room Jen E.</p> <p>Indoor Cycling 5:45pm- 6:45pm Cycling Studio Debbie A.</p> <p>Zumba 6:20pm- 7:20pm Group Fitness Room Elizabeth P.</p>	<p>We have Kettlebell group classes and private training. Contact the front desk for details!</p> <p>Ask about our other special programs at the RAC: Bootcamp Women's FitCamp, and Sport Specific Conditioning clinics taught by our elite personal trainers</p>	<p>Sunday</p> <p>Step and Strength Blast 8:30 am-9:30 am Group Fitness Room Olga G.</p> <p>Power Yoga 9:45 am-11:00 am Group Fitness Room Gaerda Z.</p>