

GROUP EXERCISE STUDIO II

AQUA AEROBICS EXERCISE

GROUP EXERCISE MAIN FLOOR

	MON	TUE	WED	THU	FRI	SAT
6:00	Group Strength			Group Strength		
7:30						Low 2
8:00	Senior Strength	Zumba ***	Senior Strength	Zumba ***	Senior Strength	
8:45						Total Body Conditioning
9:00	Restorative Yoga (Sports Cond)	Senior Strength		Senior Strength	Restorative Yoga (Sports Cond)	
9:15	Total Body Conditioning		Kettle Bell		TABATA & Abs (45)	
9:45						Group Strength
10:15	Low 2	Group Strength		Group Strength	Low 2	
11:00						Zumba ***
11:30		Fit Steps/	Chair Strength	Fit Steps/	Chair Strength	
4:30	Step 2	Total Body Cond.	<i>Multi Step</i>	Total Body Cond.		
5:30	Kettle Bell Loaded!!	Zumba ***	<i>Bodyjam</i> ***	Group Strength	<i>Bodyjam</i> ***	
6:30	Zumba ***		Zumba ***			
6:45		Karate		Karate	Karate	
7:00		Restorative Yoga PT Clinic				
7:30	Bootcamp (75)					

	MON	TUE	WED	THU	FRI	SAT
6:00am		BODYFLOW				
8:00		BODYFLOW (50)				
9:00	Low 1	<i>Multi Step</i>	Low 1	BODYFLOW	Low Interval	
10:00	Pilates	Zumba ***	Low Interval	Zumba ***		Power Yoga
5:30	Barre ***	Step Interval	Yoga All Levels		Yoga All Levels	
6:00				Gentle Yoga (75)		
6:30		BODYFLOW Starts 1/9				
6:45			BODYFLOW			
7:30		Low 1		Low 1		

GROUP EXERCISE STUDIO 3 & 4

	MON	TUE	WED	THU	FRI	SAT
5:30				TRX HIIT		
6:00			Cycling	TRX	Cycling	
8:30						Cycling
9:00			Yoga All Levels Clsrm B (90)	Step Interval		
10:15	<i>Cycling (45)</i>		<i>Cycling (45)</i>	<i>Cycling (45)</i>	Cycling	
12p	Cycling Orient					
12:15	Cycling (45)	TRX				
6:00				Cycling		
5:30	Yoga All Levels (B)		Cycling			
5:45		TRX				
6:15	Cycling					
6:45			TRX			

	MON	TUE	WED	THU	FRI	SAT	SUN
7:15a						Aqua Fitness	Aqua Fitness
8:00	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
9:00	Aqua Fitness	Aqua Strength	Aqua Fitness	Aqua Strength	Aqua Fitness		
10:00	Deep Aqua	Aqua Fitness	Deep Aqua	Aqua Fitness			
10:00	<i>Aqua Arthritis</i>		<i>Aqua Arthritis</i>		<i>Aqua Arthritis</i>		
11:00	Aqua Fitness		Aqua Fitness		Aqua Fitness		
12:00p					Aqua Fitness		
4:30							Aqua Strength
5:00							Aqua Fitness
5:30	Deep Aqua		Aqua Fitness				
7:30		Aqua Fitness		Aqua Fitness			

*** These classes are open to our members 8-12 years of age

Cycling orientation is required before attending your first class. If you are unable to attend the scheduled orientation, please call Lisa at ext. 311 to set up a more convenient time.

Sign-up is required for Cycling and TRX classes.

Kettlebell Orientation is required before attending your first class. Orientations will be held monthly. Please call Lisa at ext. 311 for more info.

Aqua classes are open to members with pool included in their membership.

Yoga participants- Please arrive 10 mins. early when attending your first yoga class.

GUIDELINES FOR ALL RIVERSIDE CENTERS

- Close-toe shoes must be worn at all times. Black-soled shoes are not allowed on the group exercise floor.
- Children must be 13 to participate in group exercise classes unless noted with *** and 18 to participate in Cycling classes. Children ages 8-12 may use cardiovascular equipment, but a parent must be within arms reach of the child(ren).
- Anyone with physical limitations or medical restrictions should consult their physician and notify the instructor before participating in any group exercise class.
- A consistent minimum of 5 participants is required to keep a class on the schedule.

ACSM GUIDELINES FOR ACHIEVING PHYSICAL FITNESS

- ACSM recommends cardiovascular exercise at least 3 - 5 times per week. Cross training with weights and/or group strength or aqua sculpt or any type of resistance training, is recommended at least twice a week.
- Exercise within your target heart rate zone for at least 20 minutes. Increase your workouts gradually, progress to the next class level or the next intensity level when your workout becomes too easy for you.
- Hydration is extremely important; drink plenty of water during your workout.

CLASS DESCRIPTIONS

AQUA Non-impact group exercise class taught in the shallow water.

This class includes sculpting and abdominal work. This class is for all fitness levels. 55 minutes

AQUA SCULPT A strength training class designed for the water utilizing resistance tubing, water weights, and noodles. A great non-aerobic workout.

BARRE This class combines barre work and light weights. Barre classes use a combination of postures inspired by ballet, yoga and pilates. The barre is used as a prop to balance while performing exercises that focus on the entire body. This class is Kid Friendly.

BODYJAM™ A 55-minute workout set to the latest music and greatest dance moves. It's cardio fun for those with a passion for movement. This class is Kid Friendly.

BODYFLOW A yoga, tai chi, and pilates inspired class that helps flexibility, range of motion and increase core strength. Controlled breathing will help reduce your stress levels.

BOOTCAMP An intermediate to advanced circuit training class that utilizes full body movements with sandbags, tires, battling ropes and kettlebells.

CHAIR STRENGTH Strength training class designed for the participant that needs assistance with standing during exercise

CYCLING An exciting indoor cycling training program that utilizes motivation, visualization, and the most thoroughly tested cycling and instructional techniques available. SIGN-UP IS REQUIRED

DEEP AQUA An intermediate non-impact group exercise class taught in deep water using aqua jogger belts. 55 minutes

FIT STEPS Low impact aerobics that includes warm-up exercises, aerobic walking, s-low impact aerobics, strengthening and postural exercises, and relaxation through stretching. Pre and post exercise blood pressure monitoring is included. For beginning fitness level.

GROUP STRENGTH A strength training program specifically designed for the group exercise participant. This class uses Power Cut Bars, resistance tubing, medicine balls, resist-a-balls, and hand weights. This class is designed for all fitness levels, and is an excellent cross-training class.

KETTLEBELL This class incorporates the cast iron kettlebell into dynamic movements and involves all aspects of fitness to include endurance, strength, cardio endurance, balance and stability.

KETTLEBELL LOADED This class incorporates intervals of kettlebell, TRX, sports drills and strength training. This is an intermediate to advanced level class that challenges strength and endurance.

LOW INTERVAL Intermediate to impact group exercise class "crossed" with intervals of strength training. This class is a great addition to your cross-training workout.

LOW 1 Low impact class designed with the beginner in mind. Basic choreography to introduce you to group exercise.

LOW 2 Intermediate level group exercise class that includes 30-35 minutes of cardiovascular conditioning followed by abdominal work. This class is your next step from low impact 1.

MULTI STEP Intermediate to advanced level step classes that incorporate the use of 4 benches. You can't let your mind wander in this class.

PILATES A system of controlled exercises that engage the mind & conditions the body. A blend of strength & flexibility with an emphasis on abdominal strengthening that creates long lean muscles.

POWER YOGA This class offers a sequence of standing poses designed to elevate the heart rate and expose your true power. This is an advanced class and requires 2 years of yoga experience.

RESTORATIVE YOGA This class is designed to help restore range of motion and introduce gentle stretches for individuals experiencing back, leg and neck pain. Class begins with 15 mins. of group discussion and sharing followed by yoga movement

SENIOR STRENGTH A beginner level class designed to concentrate on strength and stability. This class is great for anyone new to strength training. Class includes use of power cut bars, weights, resistance tubing, discs and thera-balls.

STEP 2 An intermediate level step class designed with creative & challenging combinations. This class is the next progression from step 1.

STEP INTERVAL An intermediate level class that incorporates intervals of step and strength training

TABATA & ABS This class consists of 8 rounds of high intensity exercises in a specific 20-seconds on and 10 seconds off interval followed by 15 minutes of abdominal work. This class can push your body to the limit.

TOTAL BODY CONDITIONING (TBC) An intermediate to advanced level interval class that includes sports drills, running, ropes, and strength training to improve the main components of fitness in a single exercise session. Portions of this class may be taught outside, weather permitting.

TRX Suspension training is the ideal mix to train strength, endurance, balance, coordination, flexibility, power and core stability. This is an intermediate to advanced level class. All TRX classes are 45 minutes. SIGN-UP IS REQUIRED.

TRX HIIT 25 minutes of high intensity interval training utilizing the TRX system. This class will keep your HR up and improve strength through total body conditioning. This is an advanced class and requires experience with the TRX trainer.

YOGA ALL LEVELS If you are a beginner looking for a little more of a challenge or experienced participant, this class is for you. This class offers sequences that introduce levels 1, 2, and 3 yoga postures

ZUMBA® A fusion of Latin and international music with easy to follow dance themes to create a dynamic exciting low impact workout. This class is Kid Friendly.

GROUP EXERCISE SCHEDULE

Revised 1/2/18



RIVERSIDE

Wellness and Fitness Center
PENINSULA