

GROUP EXERCISE MAIN FLOOR							GROUP EXERCISE STUDIO II							AQUA AEROBICS EXERCISE							
	MON	TUE	WED	THU	FRI	SAT		MON	TUE	WED	THU	FRI	SAT		MON	TUE	WED	THU	FRI	SAT	SUN
6:00a	Group Strength	Kettle Bell TBC	Zumba	Group Strength			8:15a	Ball-istic (45)			Ball-istic (45) 9/27-11/15		Step 1 (8:30)	7:15a						Aqua	Aqua
7:30						Low 2	9:00	Low 1	Senior Strength TRX (Studio 4)	Low 1	Senior Strength	Low Interval		8:00		Aqua		Aqua			
8:00	Senior Strength	Zumba	Senior Strength	Zumba	Senior Strength		10:00	Pilates	Zumba		Zumba			10:00	Deep Aqua	Aqua	Deep Aqua	Aqua	Aqua		
8:30						Step 2 (75)	10:15			Step1				10:00	Aqua Arthritis		Aqua Arthritis				
9:15				Total Body Conditioning (bsktbl court)			11:00		Pilates					11:00	Aqua		Aqua		Aqua		
9:15	Total Body Conditioning	Multi Step	Kettle Bell	Step 2	Total Body Conditioning		4:30p	Tae Kwon Do**			Tae Kwon Do(90)			4:00				Deep Aqua (45)			
9:45						Group Strength	5:00		TRX (Studio 4) Starts 11/6 (5:15)	Pilates				4:30							Aqua Strength
10:15	Low 2	Group Strength	Low Interval	Group Strength	Low 2		5:30	Balletone(75)	Step Interval					5:00							Aqua
11:00						Zumba	6:00p		TRX (Studio 4) Starts 11/6			Zumba		5:30	Deep Aqua		Aqua				
11:15	Multi Step						6:30		Dynamom**		Dynamom**			7:30		Aqua		Aqua			
11:30		Fit Steps/ Dietcise		Fit Steps/ Dietcise			6:45			BODYJAM											
4:30	Step 2	Total Body Condition- ing	Multi Step	Total Body Conditioning		SUNDAY Zumba	7:30	Adult Karate **	Dietcise/Low 1		Dietcise/ Low 1	Adult Jiu-jitsu**									
5:30	Kettle Bell	Zumba	Kick Boxing	Group Strength	Bodyjam		GROUP EXERCISE STUDIO III														
6:30	Zumba	Group Strength	Zumba	Circuit Training (90)				MON	TUE	WED	THU	FRI	SAT								
7:30	Circuit Training (90)						6:15a			Spin®		Spin®									
7:45			Adult laido **				8:30						Spin®								
							9:30	Yoga All Levels Clsrc B (90)		Yoga All Levels Clsrc B (90)	Yoga All Levels (90)	Restorative Yoga Clsrc B									
							10:00	Spin®	Spin	Kickboxing		Spin®									
							11:15		Spin® Orientation												
							12:15P	Spin® (45)		Spin® (45)											
							4:15				Zumba										
							5:30	Hatha Yoga Clsrc B (75) Spin®		Hatha Yoga Clsrc B (75)	Spin®	Hatha Yoga Clsrc B (75)									
							6:00			Spin®											
							6:15		Spin®												
							6:45		Restorative Yoga PT Clinic												

** Special fees and registration may apply.

Spinning® Orientation is required before attending your first Spinning 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 Spinning® 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.

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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 and 18 to participate in Spinning 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.

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.

RWFC GUIDELINES FOR NUTRITION

RWFC recommends balanced food intake using the Food Guide Pyramid. For specific help in calculations of protein, carbs, fat or other nutrient needs, call 875-7533 for an individual nutrition consultation or register for the DIETCISE or Sports Nutrition class.

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.

BALLESTONE “The Dancer’s Workout for Every body.” Energizing low impact class that incorporates 3 dance methods- ballet exercises. Pilates concepts, and stretching techniques

BALL-ISTIC This class focuses on strength training and muscle conditioning. It incorporates resist-a-ball, BOSU, medicine ball and hand weights. This class is for all fitness levels. 45 minutes

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

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.

CIRCUIT TRAINING This class offers a variety of sports drills and activities. Circuit training offers a complete cardio workout while involving all major muscle groups. If you are looking for a challenge, this is the class for you. Portions of this class may be taught outside, weather permitting

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

FIT STEPS/DIETCISE 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

HATHA YOGA FOR EVERYBODY This class is suitable for all levels of fitness. This class will help refine the practice, and experience the many health benefits of yoga.

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.

KICK BOXING An intense workout that includes punches, kicks, agility work, heavy bag, and jumping rope.

LOW INTERVAL Intermediate low 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.

RESTORATIVE YOGA This class is designed to help restore range of motion and introduce gentle stretches for individuals experiencing back, leg and neck pain.

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 body bars, weights, and resistance tubing.

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

STEP 1 A beginner step class designed to introduce basic step patterns and form simple combinations. This low impact medium is a great addition to your cardiovascular routine.

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

TOTAL BODY CONDITIONING (TBC) An intermediate to advanced level interval class that includes the step, sports drills, running, 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.

TURBO KICK® This popular class takes kickboxing to a new level. Pre-choreographed workout uses high energy kickboxing moves with great motivating music.

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.

GROUP EXERCISE SCHEDULE

Revised 10/19/12



RIVERSIDE

Wellness and Fitness Center PENINSULA