

**Aqua Conditioning:** This water workout has you working out as hard as you do on land (maybe harder!) – but without the joint, muscle and tendon stress.

**AST (Athletic Strength Training):** Challenges your body with intense cardio and endurance strength training. Traditional aerobic dance class techniques will be used as well as athletic sports drills, agility and coordination drills, and power movements.

**Awesome Abs & Glorious Glutes:** Develop and strengthen the core and glutes through specific movements, exercises, time and tension.

**Barre Mix:** Low impact, classic interval training designed to burn fat and sculpt lean muscle. Learn careful movements that will increase endurance and reform your body.

**Beginner Climb:** Join other beginners and learn the basics of how to use a harness and try out being “on belay.” Our highly experienced instructor and belayer will help you get started so you can climb away!

**Beginner Spin:** Specifically designed to meet the needs of those new to SPINNING as well as those who want to come back up to speed. A focus on correct form and positions will maximize rider safety and performance. This is a great cardio workout and calorie burner!

**BodyCombat:** This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**BODYFLOW:** A yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of yoga moves and embrace elements of Tai Chi and Pilates.

**BodyPump:** The original LES MILLS barbell class, will sculpt, tone and strengthen your entire body. Focusing on low weight loads and high repetition movements, you’ll burn fat, gain strength and quickly produce lean body muscle conditioning.

**BOOT CAMP:** Interval training that includes a fairly intense mix of strength training and aerobic elements. You can expect to do pull-ups, push-ups, lunges and core work, as well as drills and sprints.

**Cardio Dance:** A dance-based exercise program suitable for all levels and ages. This program provides a fun, aerobic workout that incorporates dance styles such as Latin, Hip Hop, Broadway, Belly Dance, Country, and more.

**Classic Pilates Mat:** includes variations of basic Pilates Movements by using props and light weights. We will provide modifications for beginners or for those with physical limitations. This incredible class is challenging yet a safe method to sculpt your body.

**Circuit Breaker:** A fitness boot camp group exercise class that mixes traditional calisthenic and body weight exercises with interval training, strength and core training. Always offers a variety of exercises designed in a way that pushes the participants harder than they’d push themselves.

**Complete Conditioning:** Incorporates both cardio and strength training. Get your heart rate up with a combination of agility and plyometric moves mixed with strength exercises using circuit training. Equipment includes stability balls and the BOSU, along with dumbbells, body bars, and steps.

**Forever Fit:** This class provides a variety of cardio conditioning and strength/flexibility training. Attention given to functional training for everyday activities.

**Gentle Yoga:** For beginners and those who want a gentle approach to yoga. A variety of supported and strengthening poses will be explored.

**Gentle Hatha Flow:** For strength and flexibility combined with breath and mindfulness techniques. Open to all levels and includes vinyasa yoga poses in sequence and instruction in proper alignment in the poses.

**Hatha Yoga:** An alignment focused practice that combines postures, breath work and mindfulness to create deep awareness in body and mind. Build strength, balance and flexibility while calming mind and spirit. All levels welcome.

**IGNITE:** Incorporates a style of high-intensity cardio intervals with MYZONE technology to keep your heart-rate in a targeted zone, stimulating metabolism, increasing energy, and ensuring after-burn. For intermediate exercisers.

**INSANITY 45:** This a 45min version of the full INSANITY class.

**Iyengar Yoga:** A safe, accessible and classical Indian style of yoga.

It uses introductory to advanced poses to develop strength, stamina, concentration and body alignment. Classes use props such as blankets, blocks, and straps to customize poses to each individual’s level of strength and flexibility.

**Knock Out:** A one-of-a-kind striking/boxing workout. 30min high intensity interval class using Focusmaster’s innovative striking machines.

**Kripalu Yoga:** Enter the present moment by attuning to the body, mind, and breath in this Kripalu yoga class. Transcend your day-to-day worries, aches, and pains and emerge calm, clear, and fully enlivened.

**MAX:** Focuses on metabolic activating exercise. Participants are guided through a series of cardio and strength training exercises with prescribed rest intervals in between each. Short rest intervals help keep the heart rate elevated near the aerobic level, ensuring fast, dramatic fitness results.

**Mind-Fresh Meditation:** Connect to your inner stillness during this 20-minute meditation. You will support your focus, concentration and center your breath.

**Pilates Mix:** This full body workout appreciably challenges core strength, dynamic stability, and coordination. Fit for anyone who wants to build strength and improve flexibility.

**Pilates Reformer:** One of the most versatile pieces of Pilates equipment. The entire body can be worked from head to toe. Additional Fee.

**Pilates in Water:** Focuses on basic Pilates core stabilization exercises adapted to water. Pool Pilates is a safe, effective way to strengthen and mobilize your body while minimizing joint stress. Advanced class has more Pilates core stabilization exercises adapted to water and previous attendance to Pool Pilates is highly recommended.

**Pilates Balance in Water:** Focuses on more advanced Pilates core stabilization exercises adapted to water and previous attendance to Pool Pilates is highly recommended. Pool Pilates Intermediate is a challenging way to strengthen and mobilize your body while minimizing joint stress.

**Power Lunch Hour:** Now it’s easier than ever to have an effective lunch break workout! Give your afternoon productivity a calorie-burning boost with this 50-minute total-body conditioning class.

**Power Up!:** This is a high intensity interval training class. You will build endurance, increase your fitness level, and burn calories.

**Power Up Yoga:** An energetic and vigorous vinyasa practice. You will cultivate strength, flexibility, endurance and greater body awareness. Includes creative sequences of postures that connect you to the breath that will challenge you. All levels welcome. This class plays louder music.

**Slow Flow Yoga:** A challenging, mindful, slow vinyasa practice focusing on strong anatomical alignment and breath movement while building core strength and fostering ease in mind.

**Spinning:** An indoor endurance workout on a stationary bike, training bodies and minds to simulate riding on the road.

**Stretch & Restore Yoga:** A great class for those new to the yoga mat. This class will start you off with gentle movements to warm up and prepare your body for deeper stretching.

**STRONG:** Upbeat rhythms with high intensity cardio and strength conditioning moves to fire your fitness potential up a notch! No dance - all HIIT.

**Total Abs & Glutes:** A 20-minute class that targets the abs and glutes through low-impact and feel-good movements. All fitness levels welcomed.

**Total Body Water Training:** A medium-to-high-intensity water class. Use water as resistance with a combination no-impact aerobics, interval and strength training, and flexibility exercises.

**Virtual MYZONE Spin:** Utilizes MYZONE screens and technology, instructor-free. Each class will be activated by an RVC employee. Members do not need to have a MYZONE belt to take part in these virtual classes.

**Yin Yoga:** A slow, deep and reflective practice that targets the body’s connective tissues—fascia, ligaments, and tendons—with the aim of increasing circulation in the joints and improving flexibility.

**Yoga for Athletes:** A speciality yoga class built for the athlete. Challenge balance, control, breathing, posture and flexibility. All levels welcome.

**Zumba:** We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

RVC See you at the Club

## GROUP FITNESS SCHEDULE | June 2019

We offer over 100 group fitness classes every week that are included with your membership. With class types and times available throughout the day, it’s easy for you to get a great workout on your schedule with an energetic and fun certified instructor leading each class. Please note that classes identified with an asterisk have an additional fee. To enroll in additional fee classes, please see Club Services or a Membership Representative.



# Yoga for Athletes

## Tuesday and Thursday 5:45-6:45pm

A speciality yoga class built for the athlete. Challenge balance, control, breathing, posture, and flexibility. Instructed by Sara Grote. Takes place in the Yoga Studio. All levels welcome.

\*Note that our Kids Club drop-in childcare hours have been extended to 7pm on weekdays, for parents considering attending this class.

### Club Hours

Monday	4:45 AM - 10:00 PM
Tuesday	4:45 AM - 10:00 PM
Wednesday	4:45 AM - 10:00 PM
Thursday	4:45 AM - 10:00 PM
Friday	4:45 AM - 9:00 PM
Saturday	7:00 AM - 7:00 PM
Sunday	7:00 AM - 7:00 PM

### Contact Us

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### Get Social

We use our mobile app and social media to communicate class cancellations, closings, and other important Club information.



