

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:30am Dynamic Stretch & Strength Phil DeNigris ●	8:30 - 9:30am Tabata/HIIT Marie White ●	8:30 - 9:30am Aqua Fit Donna Schlosser ●	8:30 - 9:30am Barre Mix Marie White ●	8:30 - 9:30am Dynamic Stretch & Strength Phil DeNigris ●	9:00 - 10:00am BodyCombat Jennifer Karr ●	
12:00 - 1:00pm Barre Mix Teresa Urnezis ●	12:00 - 1:00pm Cardio Dance Amy Fortier ●	8:30 - 9:30am Insanity Bootcamp Emily Cleaveland ●	12:00 - 1:00pm Full Body Cond. Amy Fortier ●	12:00 - 1:00 Spinning Jennifer Karr ●	<i>All classes are available in person, and for RVC Digital (except Aqua Fit) members on Facebook Live and Zoom. Learn more about RVC Digital at <a href="http://RiverValleyClub.com/Digital">RiverValleyClub.com/Digital</a>. You must sign up online for in-Club classes.</i>	
5:30 - 6:30pm Spinning Jennifer Karr ●	5:30 - 6:30pm Dynamic Stretch & Strength Phil DeNigris ●	12:00 - 1:00pm Barre Mix Teresa Urnezis ●	5:30 - 6:30 Aqua Fit Donna Schlosser ●	<ul style="list-style-type: none"> <li>● - Recreation Pool</li> <li>● - Studio 1</li> <li>● - Spinning Studio</li> </ul>		
		5:30 - 6:30pm BodyCombat Jennifer Karr ●	5:30 - 6:30pm Full Body Cond. Alex Figueroa ●			

**Aqua Fit:**

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

**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.

**BodyCombat (Les Mills):**

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

**Cardio Dance:**

A simple, low impact 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.

**Dynamic Stretch & Strength:**

Long, lean, and strong muscles are the foundations of physical control and strength in virtually every aspect of fitness. This class offers participants of all levels what it takes to be stronger through a movement enhancement system, promoting healthy joints and a more injury-free life, no matter your level of living or sport. Be prepared to be amazed and thrilled at your results!

**Full Body Conditioning:**

Get back to the basics to develop and strengthen the core and glutes as well as get your heart rate up. Adaptable for most fitness levels.

**Insanity Bootcamp:**

Challenge your cardio fitness AND your muscles with this combination class that will get your heart rate up with Insanity brand High Intensity Interval Training (HIIT) combined with strength training.

**Power Yoga (NOT OFFERED OCT 19-31 - WILL RETURN IN NOVEMBER):**

This practice will combine low-impact flexibility-enhancing hatha movements with long holdings for deep muscle engagement. This class will challenge muscular endurance and build strength, while vinyasa sequences (fast flow) increase cardiovascular fitness.

**Spinning:**

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

**Strong & Flexible (NOT OFFERED OCT 19-31 - WILL RETURN IN NOVEMBER):**

Active flexibility, mobility, and bodyweight strength training from across disciplines (yoga, pilates, and martial arts) for a core-busting, functional-strength-building, mobility-increasing practice!

**Tabata/HIIT:**

Total body conditioning through High Intensity Interval Training (HIIT).

**Vinyasa Yoga: (NOT OFFERED OCT 19-31 - WILL RETURN IN NOVEMBER):**

This class is designed for intermediate and athletic students who like to move. The flow and rhythm of a vinyasa class links asana (postures) with breath to create moderate-to-challenging moving meditation.