

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	*FRIDAY	SATURDAY	SUNDAY
8:30 - 9:30am <b>BodyPump</b> Emily Cleaveland	6:00 - 7:00am <b>Spinning</b> Adrienne Pelton	8:30 - 9:30am <b>Aqua Fit</b> Donna Schlosser	8:30 - 9:30am <b>Barre Mix</b> Marie White	8:30 - 9:30am <b>Dynamic S&amp;S</b> Phil DeNigris	9:00 - 10:00am <b>BodyCombat</b> Jennifer Karr	<ul style="list-style-type: none"> <li><span style="color: yellow;">●</span> - Recreation Pool</li> <li><span style="color: lightblue;">●</span> - Studio 1</li> <li><span style="color: olive;">●</span> - Spinning Studio</li> <li><span style="color: teal;">●</span> - Studio 2</li> <li>   - In-Club class only</li> </ul>
10:15 - 11:00am <b>Forever Fit</b> Amy Fortier	8:30 - 9:30am <b>Tabata/HIIT</b> Marie White	8:30 - 9:30am <b>BodyPump</b> Emily Cleaveland	12:00 - 1:00pm <b>Full Body Cond.</b> Amy Fortier	10:15 - 11:00am <b>Forever Fit</b> Amy Fortier	11:30 - 12:30pm <b>Vinyasa Yoga</b> Tomoko Liguori	
12:00 - 1:00pm <b>Barre Mix</b> Teresa Urnezis	12:00 - 1:00pm <b>Cardio Dance</b> Amy Fortier	11:00 - 11:45am <b>Spinning</b> Jennifer Karr	12:00 - 1:00pm <b>Slow Flow Yoga</b> Tomoko Liguori	12:00 - 1:00pm <b>Spinning</b> Jennifer Karr		
5:30 - 6:30pm <b>Spinning</b> Jennifer Karr	5:30 - 6:30pm <b>Dynamic S&amp;S</b> Phil DeNigris	12:00 - 1:00pm <b>Barre Mix</b> Teresa Urnezis	5:30 - 6:30 <b>Aqua Fit</b> Donna Schlosser			
	5:30 - 6:30pm <b>Aqua Fit</b> Donna Schlosser	12:00 - 1:00pm <b>Vinyasa Yoga</b> Tomoki Liguori	5:30 - 6:30pm <b>Full Body Cond.</b> Alex Figueroa			
		5:30 - 6:30pm <b>BodyCombat</b> Jennifer Karr				

All classes are available in person, and for RVC Digital (except Aqua Fit and 6am Spin) members on Facebook Live and Zoom. Learn more about RVC Digital at [RiverValleyClub.com/Digital](http://RiverValleyClub.com/Digital). You must sign up online or on the RVC app for in-Club classes.

**\*BLACK FRIDAY SPECIAL CLASS SCHEDULE**  
 8:30 - 9:30am, BodyPump with Emily C.  
 10:00 - 11:00am, Spinning with Jenn K.  
 10:30 - 11:30am, Barre Mix with Teresa U.  
 12:00 - 1:00pm, Spinning with Jenn K.

**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.

**BodyPump (Les Mills):** 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.

**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!

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

**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.

**Power Yoga:** 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.

**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.

**Tabata/HIIT:** Total body conditioning through High Intensity Interval Training (HIIT).

**Vinyasa Yoga:** 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.