

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:30am BodyPump Emily Cleaveland	8:30 - 9:30am Tabata/HIIT Marie White	8:30 - 9:30am BodyPump Emily Cleaveland	8:30 - 9:30am Barre Mix Marie White	10:15 - 11:00am Forever Fit Amy Fortier	9:00 - 10:00am BodyCombat Jennifer Karr	
10:15 - 11:00am Forever Fit Amy Fortier	12:00 - 1:00pm Cardio Dance Amy Fortier	11:00 - 11:45am Spinning Jennifer Karr	12:00 - 1:00pm Full Body Cond. Amy Fortier	12:00 - 1:00pm Spinning Jennifer Karr	11:30 - 12:30pm Vinyasa Yoga Tomoko Liguori	
12:00 - 1:00pm Barre Mix Teresa Urnezis	5:30 - 6:30pm Aqua Fit Donna Schlosser	12:00 - 1:00pm Barre Mix Teresa Urnezis	12:00 - 1:00pm Slow Flow Yoga Tomoko Liguori	<p>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 RiverValleyClub.com/Digital.</p> <p>You must sign up online or on the RVC app for in-Club classes.</p>		
5:30 - 6:30pm Spinning Jennifer Karr	5:30 - 6:30pm Cardio Bootcamp Emily Cleaveland	5:30 - 6:30pm BodyCombat Jennifer Karr	5:30 - 6:30pm Aqua Fit Donna Schlosser			
			5:30 - 6:30pm Spinning Adrienne Pelton NEW!			

- - Recreation Pool
- - Studio 1
- - Spinning Studio
- - Studio 2
- || - In-Club class only

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 Bootcamp: Combine classic fitness moves in rapid succession with heart pounding music and breaks to let you catch your breath for even more intensity and you have one insane body-revolutionizing class.

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.

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.