

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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	8:30 - 9:30am BodyPump Bailee Hunt	7:30am - 8:15am Spinning Adrienne Pelton ⓘ	Studio 1
10:15 - 11:00am Forever Fit Amy Fortier	10:00 - 11:00am Iyengar Yoga ⓘ Suzanne Rendahl	8:30 - 9:30am Aqua Fit ⓘ Donna Schlosser	10:00 - 11:00am Iyengar Yoga ⓘ Suzanne Rendahl	10:15 - 11:00am Forever Fit Marie White	9:00 - 10:00am BodyCombat Jennifer Karr	Studio 2
12:00 - 1:00pm Barre Mix Teresa Urnezis	12:00 - 1:00pm Cardio Dance Amy Fortier	10:15 - 11:00am Forever Fit Amy Fortier	12:00 - 1:00pm Full Body Cond. Amy Fortier	11:30 - 12:30pm BodyFlow Teresa Urnezis	11:30 - 12:30pm Vinyasa Yoga ⓘ Tomoko Liguori	Spin Studio
5:30 - 6:30pm Spinning Jennifer Karr	5:30 - 6:30pm Aqua Fit ⓘ Donna Schlosser	11:00 - 11:45am Spinning Jennifer Karr	5:30 - 6:30pm Aqua Fit ⓘ Donna Schlosser	12:00 - 1:00pm Spinning Jennifer Karr	<p>Learn more about RVC Digital at RiverValleyClub.com/Digital.</p> <p>You must sign up online for in-Club classes.</p>	Recreation Pool
5:30 - 6:30pm Cardio Beats Jennifer Sargent	5:30 - 6:30pm BodyPump Bailee Hunt	12:00 - 1:00pm Barre Mix Teresa Urnezis	5:30 - 6:30pm Spinning Adrienne Pelton	5:30 - 6:30pm Cardio Beats Jennifer Sargent		ⓘ 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.

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.

BodyFlow (Les Mills): Ideal for anyone and everyone, Les Mill's BodyFlow is the yoga-based class that will improve your mind, your body and your life, as it has you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

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.

Cardio Beats: Party your way into and out of the week with this high-energy warm up and dance session designed to make you sweat and burn calories while busting moves to the beat. No dance experience needed - just a desire to have fun.

5:30 - 6:30pm
Slow Flow Yoga ⓘ
Tomoko Liguori

Cardio Bootcamp: Combine classic fitness moves in rapid succession for 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 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.

Iyengar Yoga: A safe, accessible and classical Indian style of yoga using introductory to advanced poses to develop strength, stamina, concentration and body alignment. This class is suitable for those new to yoga and also challenging for longtime students.

Slow Flow Yoga: A challenging, mindful, slow vinyasa practice focusing on strong anatomical alignment and breath while building core strength.

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).

Congregating outside of fitness classrooms with people putting on shoes or equipment should be avoided. People should arrive at the fitness class dressed and prepared with appropriate shoes and individual gear (e.g. floor mats).

This information is from the February 3, 2021 guidelines from the NH DHHS.