

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
8:30-9:30am	BodyPump Studio 1 Emily Cleaveland	6:30-7:15am	Spinning Spin Studio Adrienne Pelton	8:30-9:30am	BodyPump Studio 1 Emily Cleaveland	6:30-7:15am	Spinning Spin Studio Adrienne Pelton	8:30-9:30am	BodyPump Studio 1 Bailee Hunt	7:30-8:15am	Spinning Spin Studio Adrienne Pelton
8:30-9:30am	Deep Water Cond. Recreation Pool Jennifer Sargent	8-9am	Full Body Cond. Studio 1 Marie White	8:30-9:30am	Aqua Fit Recreation Pool Eileen Saunders	8-9am	Barre Mix Studio 1 Marie White	10-11am	Forever Fit Studio 1 Amy Fortier	9-10am	BodyCombat Studio 1 Jennifer Karr
9-10:15am	Gentle Yoga Yoga Studio Alicia Green	9:15-10:30am	Barre Mix PLUS Studio 1 Elda Aner	10-11am	Forever Fit Studio 1 Marie White	9:15-10:30am	Pilates Mix PLUS Studio 1 Elda Aner	11:30-12:30pm	BodyFlow Studio 1 Teresa Urnezis	11:30-12:30pm	Power Yoga Yoga Studio Tomoko Liguori
10-11am	Forever Fit Studio 1 Amy Fortier	10-11am	Iyengar Yoga Yoga Studio Suzanne Rendahl	11-11:45am	Spinning Spin Studio Jennifer Karr	10-11am	Iyengar Yoga Yoga Studio Suzanne Rendahl	12-1pm	Spinning Spin Studio Jennifer Karr	10:15-11:15am	BodyPump Studio 1 Jennifer Karr
12-1pm	Iyengar Yoga Lvl 2 Yoga Studio Suzanne Rendahl	12-1pm	Cardio Dance Studio 1 Amy Fortier	11:30-11:50am	Meditation Yoga Studio Sonya Carter	12-1pm	Full Body Cond. Studio 1 Amy Fortier	12-1pm	Kripalu Yoga Yoga Studio Sue Kirincich		
12-1pm	Barre Mix Studio 1 Teresa Urnezis	5:30-6:30pm	BodyPump Studio 1 Bailee Hunt	12-1pm	Gentle Yoga Yoga Studio Sonya Carter	5:30-6:30pm	Spinning Spin Studio Adrienne Pelton	5-6:15pm	Yin Yoga Yoga Studio Alicia Green		
5:30-6:30pm	Spinning Spin Studio Jennifer Karr	5:30-6:30pm	Aqua Fit Recreation Pool Donna Schlosser	12-1pm	Barre Mix Studio 1 Teresa Urnezis	5:30-6:30pm	HIIT Bootcamp Studio 1 Emily Cleaveland				
5:30-6:30pm	Zumba Studio 1 Jolin Kish	6-7:15pm	Hatha Yoga Yoga Studio Kathy Jastrzembski	5:30-6:30pm	BodyCombat Studio 1 Jennifer Karr	5:30-6:30pm	Aqua Fit Recreation Pool Donna Schlosser				
5:30-6:30pm	Aqua Fit Recreation Pool Eileen Saunders			5:30-6:30pm	Power Yoga Yoga Studio Tomoko Liguori	6-7:15pm	Hatha Yoga Yoga Studio Kathy Jastrzembski				
10-11am	Pilates Reformer* Pilates Studio Teresa Urnezis	10-11am	Pilates Reformer* Pilates Studio Marie White	10-11am	Pilates Reformer* Pilates Studio Teresa Urnezis	10-11am	Pilates Reformer* Pilates Studio Marie White				
						4:30-5:20pm	Power Reformer* Pilates Studio Marie White				

CLASS COLOR KEY

- Pilates Studio
- Recreation Pool
- Studio 1
- Yoga Studio
- Spin Studio

*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 Coordinator.



Learn more about RVC Digital at RiverValleyClub.com/Digital.

You must sign up online for in-Club classes.

