

**Aqua Fit:** This water-workout utilizes the buoyancy and compression of the water allowing you to work harder than you might on land, without the joint, muscle & tendon stress! All levels.

**Barre Mix:** This class will shape leaner, longer muscles by using the ballet barre, body weight and props combined with Pilates moves. This full-body workout improves posture, strengthens glutes, tones stomach muscles, and increases flexibility. All levels.

**Barre Mix PLUS:** This 75 minute class starts with 30 minutes of focused exercise designed to target and strengthen your core through a variety of movements including Pilates, aerobic, strength and balance work. Followed by a more traditional 45 minute Barre class that will shape leaner, longer muscles by using the ballet barre, body weight and props combined with Pilates moves. This full-body workout improves posture, strengthens glutes, tones stomach muscles, and increases flexibility. All levels.

**BodyCombat (Les Mills):** This fiercely energetic Les Mills program is inspired by mixed martial arts & draws from a wide array of disciplines such as Karate, Taekwondo, Tai Chi & Muay Thai.

**BodyFlow (Les Mills):** A Les Mills 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. All levels.

**BodyPump (Les Mills):** This original Les Mill's barbell class will sculpt, tone and strengthen your entire body. Focusing on low weight loads & high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle.

**Cardio Dance:** A simple, low impact dance-based program suitable for all levels & ages. This program provides a fun, aerobic workout that incorporates dance styles such as Latin, Hip Hop, Broadway, Belly Dance, Country & more. All levels.

**Deep Water Conditioning:** Utilize the deep end of our therapy pool, water weights, and body resistance to build strength and endurance with minimal joint stress. This is a non-impact, high-resistance, total body exercise workout. Participants may use our various floats to support themselves. All levels.

**Forever Fit:** This class provides a variety of cardio conditioning, strength/flexibility, and functional training for everyday activities. Created for members looking to ease their way into fitness. All levels.

**Full Body Conditioning:** Get back to the basics with a mix of strength, cardio, mobility, and flexibility. Adaptable for most fitness levels. All levels.

**Gentle Yoga:** For beginners and those who want a gentle approach to yoga. A variety of supported and strengthening poses will be explored, along with a focus on conscious breathing. All levels.

**Hatha Yoga:** An alignment focused practice that combines postures, breath work and mindfulness to create deep awareness in body and mind. Build strength, balance and flexibility while calming mind and spirit. All levels.

**HIIT Bootcamp:** Combines classic fitness moves in a total body conditioning workout through High Intensity Interval Training (HIIT). We will primarily use interval training designed to challenge and surprise you with how far you can push yourself. All levels.

**Iyengar Yoga:** A safe, accessible & classical Indian style of yoga using introductory to advanced poses often with the use of props to develop strength, stamina, concentration & body

alignment. This class is suitable for those new to yoga and also challenging for longtime students. All levels. *Level 2 classes may include inversions such as headstands and handstands.*

**Kripalu Yoga:** A challenging approach to asana practice that emphasizes meditation and breathwork, and encourages inward focus and spiritual attunement. Transcend your day-to-day worries, aches, and pains and emerge calm, clear, and fully enlivened. All levels.

**Meditation:** Connect to your inner stillness to find your focus, increase your concentration and center your breath. All levels.

**Pilates Mix:** Create a strong, balanced body and increase your range of motion and flexibility with classic mat Pilates moves mixed with Yoga and props. Every exercise can be modified to decrease or increase the level of challenge. All levels.

**Pilates Mix PLUS:** This 75 minute class starts with 30 minutes of focused exercise designed to target and strengthen your glutes/legs through a variety of movements including Pilates, aerobic, strength and balance work. Followed by a more traditional 45 minute Pilates class that will create a strong, balanced body and increase your range of motion and flexibility with classic mat Pilates moves mixed with Yoga and props. Every exercise can be modified to decrease or increase the level of challenge. All levels.

**\*Pilates Reformer:** Pilates Reformer classes offer all the benefits of traditional mat Pilates while using a specialized piece of equipment called the reformer. The reformer is a bed-like frame with a flat platform on it, called the carriage, that rolls back and forth on wheels within the frame. The carriage is attached to one end of the reformer by a set of springs. Most Pilates reformer exercises involve pushing or pulling the carriage or holding the carriage steady as it is pulled on by the springs. The springs can be adjusted to change the resistance and thereby personalize the exercises to your own level. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar, perched on the footbar, perched on the shoulder blocks, with additional equipment, upside down, sideways, and many other variations. The wide variety of exercises that can be done on the reformer promote length, strength, flexibility, and balance. These important aspects of fitness lead to better posture, graceful and efficient movement, and even potential relief from pain associated with physical imbalances and tension.

**\*Power Reformer:** This athletic version of our classic Reformer class is created to challenge the body and mind at optimal levels by taking traditional, and not so traditional, Reformer exercises and adding additional challenges by incorporating weights, Therabands and iso-balls. The result? A deep level of intricate muscle toning, body sculpting, and core strengthening. This class will leave you challenged, chiseled and sweaty.

**Power Yoga:** A challenging, mindful, vinyasa [yoga flow] practice focusing on strong anatomical alignment and breath while building core strength. Intermediate to Advanced.

**Spinning:** The ultimate cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills – all while jamming out to an exciting, instructor-customized soundtrack. First-timers should arrive early for proper bike fitting. All levels.

**Yin Yoga:** A slow, reflective practice that targets the deep connective tissues, releases tension, and creates space and ease in body and mind. This practice complements other types of yoga and exercise. All levels.

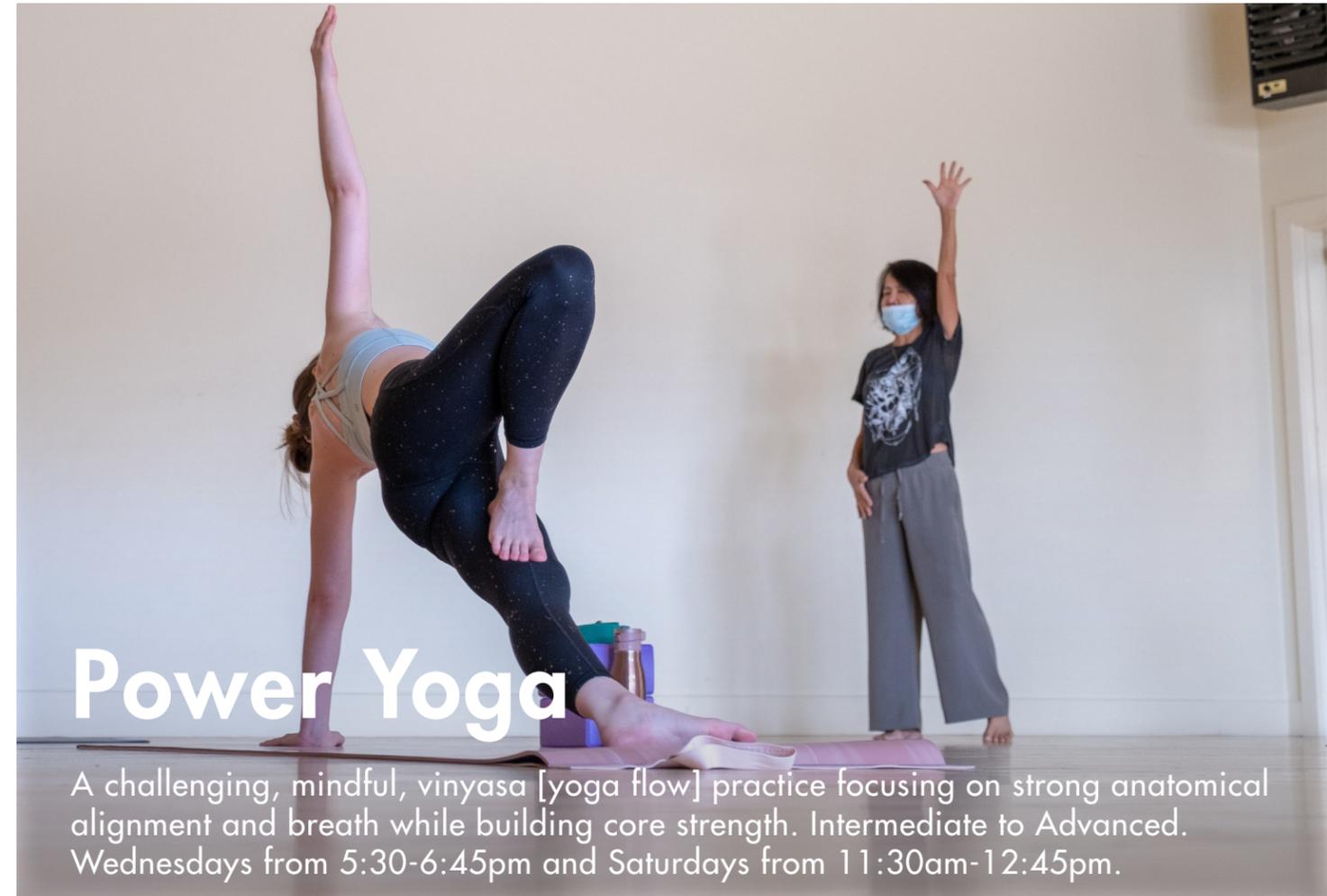
**Zumba®:** We take the "work" out of working out by mixing low-intensity and high-intensity moves for an interval-style, calorie burning, dance fitness party. All levels.

RiverValleyClub

The best part of your day

## GROUP FITNESS SCHEDULE | DECEMBER 2021

With class types and times available throughout the day, it's easy for you to get a great workout on your schedule with an energetic and fun certified instructor leading each class. Please note that classes identified with an asterisk have an additional fee. To enroll in additional fee classes, please see a staff member at the Membership Desk.



### Club Hours

Monday	4:45 AM - 8:00 PM
Tuesday	4:45 AM - 8:00 PM
Wednesday	4:45 AM - 8:00 PM
Thursday	4:45 AM - 8:00 PM
Friday	4:45 AM - 8:00 PM
Saturday	7:00 AM - 3:00 PM
Sunday	7:00 AM - 3:00 PM

### Contact Us

33 Morgan Drive  
Centerra Park  
Lebanon, NH 03766

RiverValleyClub.com  
(603) 643-7720  
ContactUs@RiverValleyClub.com

### Get Social

We use social media and our mobile app to communicate class cancellations, closings, promotions and specials from different departments, and other important Club information.



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

+Please note that Aqua Fit on Tuesday nights includes separate signups for the shallow and deep end of the rec pool.



Learn more about RVC Digital at [RiverValleyClub.com/Digital](http://RiverValleyClub.com/Digital).

You must sign up online for in-Club classes.

