

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. Note: Some classes allow you to sign up for one of two options - shallow or deep water."

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.

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.

Vinyasa Yoga: This class is centered on stringing postures (Asanas) together, flowing from one move to another, seamlessly, using breath.

Yoga Mix: Try a variety of yoga styles with our rotating roster of instructors. Each class will combine physical postures, breathing techniques, and mindfulness to promote mental and physical well-being. Beginner to Intermediate.

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.

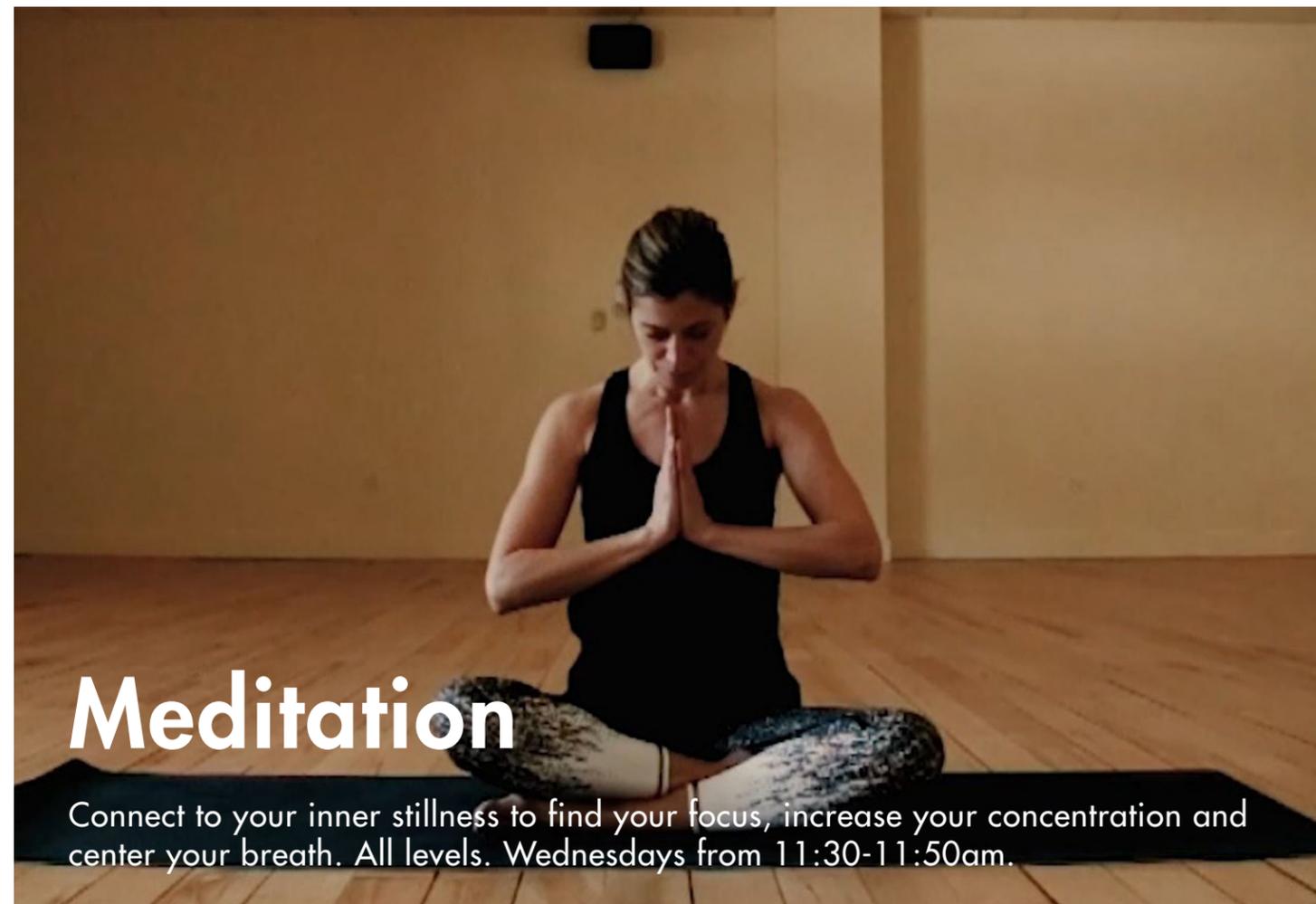
Zumba®: We take the "work" out of working out by mixing low-intensity and high-intensity moves for an interval-style, calorie burning, dance fitness party. All levels.



The best part of your day

GROUP FITNESS SCHEDULE | JAN / FEB 2022

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		SUNDAY	
8:30-9:30am	BodyPump Studio 1 Emily Cleaveland	Spinning Spin Studio Adrienne Pelton	6-7am	Full Body Cond. (begins 1/19) Studio 1 Elsa Chinburg	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	9:30-10:30am	Zumba (begins 2/6) Studio 1 Jennifer Sargent	
8:30-9:30am	Deep Water Cond. Recreation Pool Jennifer Sargent	Full Body Cond. Studio 1 Marie White	6:30-7:30am	Vinyasa Yoga (begins 1/19) Yoga Studio Roni Finkelstein	8-9am	Barre Mix Studio 1 Marie White	8:30-10:11am	Forever Fit Studio 1 Amy Fortier	9-10am	BodyCombat Studio 1 Jennifer Karr			
9-10:15am	Gentle Yoga Yoga Studio Suzanne Rendahl	Barre Mix PLUS Studio 1 Elda Aner	8:30-9:30am	BodyPump Studio 1 Emily Cleaveland	9-10:30am	Pilates Mix PLUS Studio 1 Elda Aner	11:30-12:30pm	BodyFlow Studio 1 Teresa Urnezis	10:15-11:15am	BodyPump Studio 1 Jennifer Karr			
10-11am	Forever Fit Studio 1 Amy Fortier	Iyengar Yoga Yoga Studio Suzanne Rendahl	8:30-9:30am	Aqua Fit Recreation Pool Eileen Saunders	10-11am	Iyengar Yoga Yoga Studio Suzanne Rendahl	12-1pm	Spinning Spin Studio Jennifer Karr	11:30-12:45pm	Yoga Mix Yoga Studio Rotating Instructor			
12-1pm	Iyengar Yoga Lvl 2 Yoga Studio Suzanne Rendahl	Cardio Dance Studio 1 Amy Fortier	10-11am	Forever Fit Studio 1 Marie White	12-1pm	Full Body Cond. Studio 1 Amy Fortier	12-12:15pm	Kripalu Yoga Yoga Studio Sue Kirincich					
12-1pm	Barre Mix Studio 1 Teresa Urnezis	BodyPump Studio 1 Bailee Hunt	11-11:45am	Spinning Spin Studio Jennifer Karr	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	Aqua Fit+ Recreation Pool Donna Schlosser	11:30-11:50am	Meditation Yoga Studio Sonya Carter	5:30-6:30pm	HIIT Bootcamp Studio 1 Emily Cleaveland							
5:30-6:30pm	Zumba Studio 1 Jolin Kish	Hatha Yoga Yoga Studio Kathy Jastrzembski	12-1pm	Gentle Yoga Yoga Studio Sonya Carter	5:30-6:30pm	Aqua Fit+ Recreation Pool Donna Schlosser							
5:30-6:30pm	Aqua Fit Recreation Pool Eileen Saunders		12-1pm	Barre Mix Studio 1 Teresa Urnezis	5:30-6:45pm	Hatha Yoga Yoga Studio Kathy Jastrzembski							
5:30-6:45pm	Vinyasa Yoga (begins 1/24) Yoga Studio Roni Finkelstein		5:30-6:30pm	BodyCombat Studio 1 Jennifer Karr									
10-11am	Pilates Reformer* Pilates Studio Teresa Urnezis	Pilates Reformer* Pilates Studio Marie White	10-11am	Pilates Reformer* Pilates Studio Teresa Urnezis	9:30-10:30am	Pilates Reformer* Pilates Studio Marie White							
						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.

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



RVCdigital

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

You must sign up online for in-Club classes.