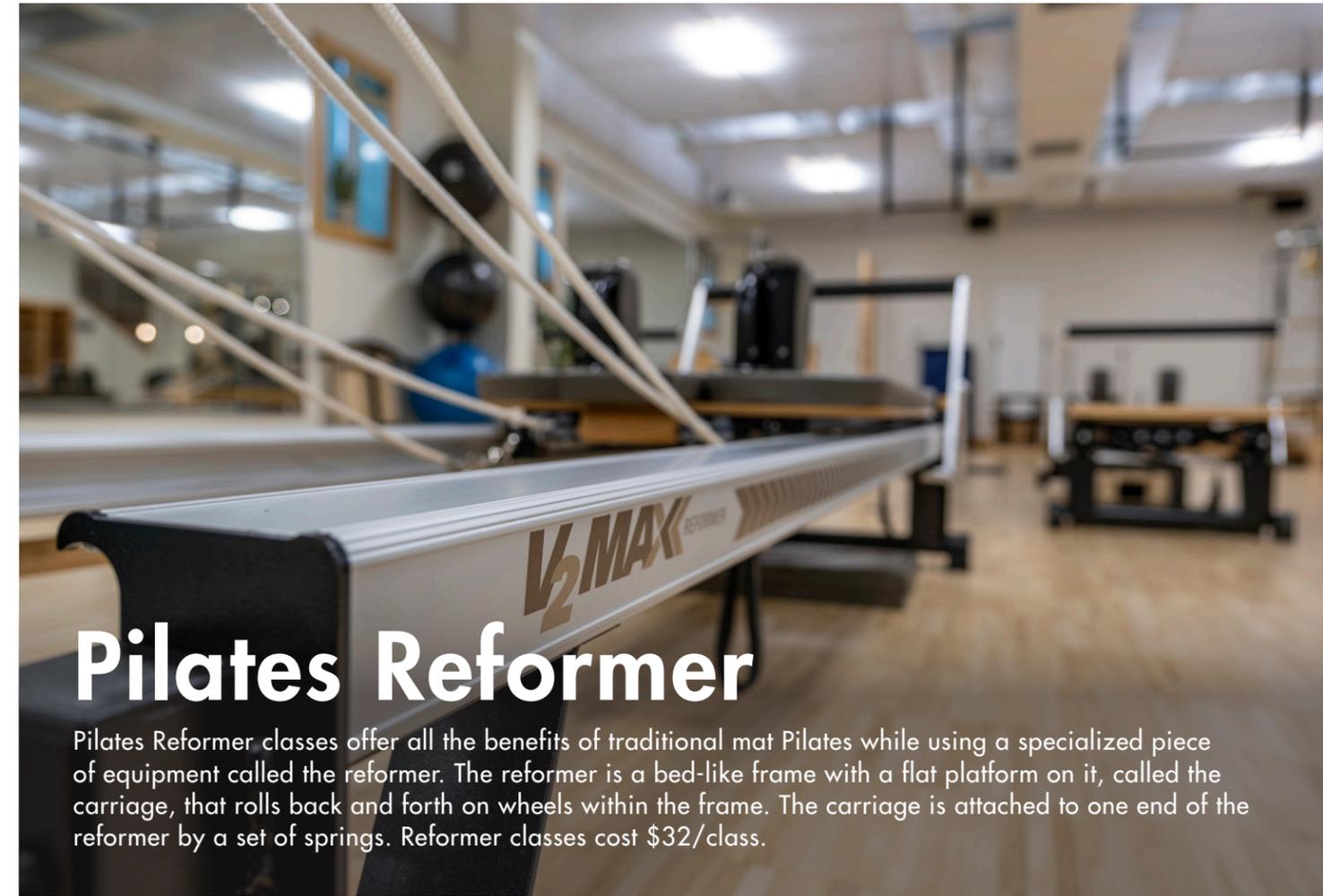


GROUP FITNESS SCHEDULE | JULY/AUG 2022

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.



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. Reformer classes cost \$32/class.

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.

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.

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.

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.

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.

Liquid Sculpting: Strengthen and tone your body with this pool class combining Pilates, cardio, and strength work. Use the buoyancy and compression of water to take the tension off of your joints while getting a great workout. All levels.

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

Pilates Mat: This class incorporates the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility. This low-impact class is a challenging but safe way to sculpt your body. 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.

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.

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.

***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. 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 strength, flexibility, and balance. These important aspects of fitness lead to better posture, and even potential relief from pain associated with physical imbalances and tension.

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			
6-7am	Full Body Cond. Studio 1 Nitzah Winter	6:30-7:15am	Spinning Spin Studio Adrienne Pelton	6:30-7:30am	Vinyasa Yoga Yoga Studio Roni Finkelstein	8:30-9:25am	Barre Mix Studio 1 Marie White	<i>rvcdigital</i>	8:30-9:30am	BodyPump Studio 1 Bailee Hunt	<i>rvcdigital</i>	7:30-8:15am	Spinning Spin Studio Adrienne Pelton	9-10am	Zumba Studio 1 Jolin Kish
8:30-9:30am	BodyPump Studio 1 Emily Cleaveland	<i>rvcdigital</i>	Full Body Cond. Studio 1 Marie White	<i>rvcdigital</i>	BodyPump Studio 1 Emily Cleaveland	<i>rvcdigital</i>	Pilates Mix Studio 1 Niki Muckenhirn		10-11am	Forever Fit Studio 1 Amy Fortier	<i>rvcdigital</i>	9-10am	BodyCombat Studio 1 Jennifer Karr	<i>rvcdigital</i>	
10-11am	Forever Fit Studio 1 Amy Fortier	<i>rvcdigital</i>	Barre Mix Studio 1 Niki Muckenhirn		Aqua Fit Recreation Pool Eileen Saunders	8:30-9:30am	Spinning Spin Studio Adrienne Pelton		12-1pm	Barre Mix Studio 1 Teresa Urnezis		10-11am	Pilates Mat Yoga Studio Niki Muckenhirn		
12-1pm	Liquid Sculpting Recreation Pool Amanda Hamel	12-1pm	Cardio Dance Studio 1 Amy Fortier	<i>rvcdigital</i>	Forever Fit Studio 1 Marie White	10-11am	Aqua Fit+ Recreation Pool Donna Schlosser	<i>rvcdigital</i>	12-1pm	Spinning Spin Studio Jennifer Karr	<i>rvcdigital</i>	10:15-11:15am	BodyPump Studio 1 Jennifer Karr		
12-1pm	Barre Mix Studio 1 Teresa Urnezis	<i>rvcdigital</i>	BodyPump Studio 1 Bailee Hunt	<i>rvcdigital</i>	Spinning Spin Studio Jennifer Karr	11-11:45am	Pilates Mat Yoga Studio Niki Muckenhirn	<i>rvcdigital</i>	5:30-6:30pm	Kripalu Yoga Yoga Studio Sue Kirincich					
5:30-6:30pm	Spinning Spin Studio Jennifer Karr	<i>rvcdigital</i>	Aqua Fit+ Recreation Pool Donna Schlosser		Gentle Yoga Yoga Studio Sonya Carter	12-1pm									
5:30-6:30pm	Zumba Studio 1 Jolin Kish	5:30-6:30pm	Pilates Mat Yoga Studio Niki Muckenhirn		Barre Mix Studio 1 Teresa Urnezis	12-1pm									
5:30-6:30pm	Aqua Fit Recreation Pool Eileen Saunders				BodyCombat Studio 1 Jennifer Karr	5:30-6:30pm									
5:30-6:45pm	Vinyasa Yoga Yoga Studio Roni Finkelstein														
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					8:45-9:45am	Pilates Reformer* Pilates Studio Niki Muckenhirn		
				5:30-6:30pm	Pilates Reformer* Pilates Studio Niki Muckenhirn										

JULY/AUG '22

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+ includes separate signups for the shallow and deep end of the rec pool.



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

You must sign up online for in-Club classes.

