

Active Aging

This class is aimed for seniors looking to improve mobility, strength, and coordination. Adaptable for those just starting, re-starting or looking to add to their current routine.

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.

BodyBalance (Les Mills)

Ideal for anyone and everyone, this is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

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.

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.

Cardio Pilates Mix

Get your heart rate up and sculpt all in one workout. Cardio and Pilates come together to burn more calories and build longer leaner muscles. Classes will focus on low weight loads and high repetition movements.

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

This class focuses on well known yoga postures. Included are short sessions of centering meditation and an introduction to some of the best known yoga breathing techniques. Each class ends with relaxation pose. Class begins with a variety of warm-ups. We continue with standing asanas. Often a vinyasa - a sequence of connected poses based on the many variations of sun salutations, follows. Towards the end of class we do some asanas on the floor, then close with relaxation pose.

Intro to Pilates Reformer

A small "tester" to feel out the class, the equipment, the studio, the instructors, and try a few exercises with certified professional supervision and guidance. No experience required.

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.

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.

Lunch Hour Power Yoga

Power yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures. Come on your lunch break!

Metcon

Short for metabolic conditioning. This is a complimentary introductory CrossFit strength and conditioning class without the olympic weightlifting, barbells, or high-skill gymnastics movements. This is designed for all skill levels.

Odd Objects 101

This class incorporates non-barbell and non-dumbbell pieces of equipment. It could be anything from a water-filled tube, a sandbag, or even a bucket of rocks or giant tractor tire. Awkward? Yes, but that's the point: Your body is forced to deal with that awkwardness, recruiting muscles in new ways and forcing your body to work synergistically. You put your body through these types of lifts on the regular, why not make it part of your workout?

Pilates for Swimmers

Similar to pilates, swimming is an all-body exercise, and most swimmers need a whole body-conditioning program to complement their pool exercise for maximum performance. The pilates method will give you a toned and powerful body without bulk, which will allow you to slice more easily through the water. Pilates lengthens the body and corrects bad posture through different minimal weight bearing exercises, which will help maintain a horizontal position in the water.

Pilates Mat

This class will improve your core strength, mobility, stability, posture, balance, and flexibility. This low-impact class is a perfect standalone exercise or complement to weight training because it focuses on deep, stabilizing muscles in and around the spine, abdomen, and hips that are essential for sports and everyday life. Focused breathing enhances the meditative benefits of each exercise and modifications make Pilates suitable for all levels. After just a few weeks, you'll know what so many professional athletes and celebrities already know. Pilates is an essential part of your total fitness.

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.

Reformer/Barre Fusion

This class utilizes the Pilates Jumpboard to get your heart rate up and seamlessly integrates barre exercises with Pilates Reformer exercises. All levels and is a great intro to Pilates and Reformer classes for barre class attendees.

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 Play

40 minutes of vinyasa flow and the last 20 minutes we focus and break down more challenging poses such as arm balances, inversions, etc. this gives students time to ask teacher specific questions about yoga, gives them time to practice harder poses while a teacher watches and can help guide students to a stronger practice.

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.

*Athletic Reformer

This advanced 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, fitness circle, and iso-balls. The result? A deep level of intricate muscle toning, sculpting the body and strengthening the core. Improving posture, flexibility, and the mind/body connection. This class will leave you challenged, chiseled, and sweaty.

*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.

*CrossFit Class

Constantly varied functional movement at high intensity - It says it all, but it's so much more. CrossFit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing etc. Learn more about Upper Valley CrossFit at UpperValleyCrossFit.com.

RiverValleyClub

The best part of your day

GROUP FITNESS SCHEDULE | MAY 2023

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.



FREE FOR
CROSSFIT
MEMBERS IN MAY
PILATES IS A GREAT
COMPLIMENT TO CROSSFIT
COME SEE WHAT PILATES
REFORMER IS ALL ABOUT

Athletic Reformer

The advanced version of our Pilates 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, fitness circles, and iso-balls. Every Friday night from 5-6pm.

Club Hours

Monday	4:45 AM - 9:00 PM
Tuesday	4:45 AM - 9:00 PM
Wednesday	4:45 AM - 9:00 PM
Thursday	4:45 AM - 9:00 PM
Friday	4:45 AM - 8:00 PM
Saturday	7:00 AM - 5:00 PM
Sunday	7:00 AM - 5:00 PM

Contact Us

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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
5-6am CrossFit Class* CrossFit Box Alaina Savage	5-6am CrossFit Class* CrossFit Box Chris Pearson	5-6am CrossFit Class* CrossFit Box Chris Pearson	5-6am CrossFit Class* CrossFit Box Anthony Vorachak	5-6am CrossFit Class* CrossFit Box Alaina Savage	7:30-8:15am Spinning Spin Studio Adrienne Pelton	8-8:50am Full Body Cond. Studio 1 Jolin Kish
6-7am CrossFit Class* CrossFit Box Alaina Savage	6-7am CrossFit Class* CrossFit Box Chris Pearson	6-7am CrossFit Class* CrossFit Box Jake Adams	6-7am CrossFit Class* CrossFit Box Anthony Vorachak	6-7am CrossFit Class* CrossFit Box Alaina Savage	8:45-9:45am Pilates Reformer* Pilates Studio Niki Muckenhirn	9-10am Zumba Studio 1 Jolin Kish
8:30-9:30am BodyPump Studio 1 Emily Cleaveland	6:30-7:15am Spinning Spin Studio Adrienne Pelton	6:30-7:30am Vinyasa Yoga Yoga Studio Roni Finkelstein	7-8am Metcon CrossFit Box Anthony Vorachak	8:30-9:30am Cardio Pilates Mix Studio 1 Niki Muckenhirn	9-10am CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm Active Aging Personal Training Studio Garrett Rolsma
10-11am Forever Fit Studio 1 Amy Fortier	7-8am Metcon CrossFit Box Alaina Savage	8:30-9:30am BodyPump Studio 1 Emily Cleaveland	8:30-9:25am Barre Mix Studio 1 Marie White	8:30-9:30am Spinning Spin Studio Peter Sielicki	10-11am Pilates Mat Yoga Studio Niki Muckenhirn	
10-11am Pilates Reformer* Pilates Studio Teresa Urnezis	8:30-9:30am Barre Mix Studio 1 Niki Muckenhirn	10-11am Forever Fit Studio 1 Marie White	9:30-10:30am Pilates Mix Studio 1 Niki Muckenhirn	10-11am Forever Fit Studio 1 Amy Fortier	11-11:45am Spinning Spin Studio Ava Pavao	
12-1pm CrossFit Class* CrossFit Box Chris Pearson	9:30-10:30am Full Body Cond. Studio 1 Marie White	10-11am Pilates Reformer* Pilates Studio Teresa Urnezis	10-11am Active Aging Personal Training Studio Jake Adams	11am-12pm BodyBalance Studio 1 Teresa Urnezis	11:15am-12:15pm Pilates Reformer* Pilates Studio Niki Muckenhirn	
11am-12pm BodyBalance Studio 1 Teresa Urnezis	10:30-11:30am Reformer/Barre Fusion Pilates Studio Marie White	11:30am-12:45pm Gentle Yoga Yoga Studio Sonya Carter	9:30-10am Intro to Pilates Reformer Pilates Studio Marie White	11am-12:15pm Kripalu Yoga Yoga Studio Sue Kirincich	11:15am-12:30pm Vinyasa Yoga Yoga Studio Tomoko Liguori	
12-1pm Barre Mix Studio 1 Teresa Urnezis	10-11am Active Aging Personal Training Studio Jake Adams	12-1pm CrossFit Class* CrossFit Box Chris Pearson	10-11am Pilates Reformer* Pilates Studio Marie White	12:30-1:30pm Lunch Hour Power Yoga Yoga Studio Sara Grote		
12-1pm Gentle Yoga Yoga Studio Tomoko Liguori	12-1pm CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm Barre Mix Studio 1 Teresa Urnezis	12-1pm Pilates Mat Yoga Studio Niki Muckenhirn	12-1pm CrossFit Class* CrossFit Box Jake Adams		
4:30-5:30pm CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm Cardio Dance Studio 1 Amy Fortier	3:30-4:30pm Odd Objects 101 CrossFit Box Chris Pearson	12-1pm CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm Barre Mix Studio 1 Teresa Urnezis		
5:30-6:30pm CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm Reformer/Barre Fusion Pilates Studio Teresa Urnezis	4:30-5:30pm CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm Reformer/Barre Fusion Pilates Studio Teresa Urnezis	12-1pm Spinning Spin Studio Alex Figueroa		
5:30-6:30pm Spinning Spin Studio Alex Figueroa	4:30-5:30pm Pilates for Swimmers Pilates Studio Niki Muckenhirn	5-5:30pm Intro to Pilates Reformer Pilates Studio Niki Muckenhirn	4:30-5:30pm CrossFit Class* CrossFit Box Chris Pearson	12-1pm Active Aging Personal Training Studio Malik Newcomb		
5:30-6:30pm Zumba Studio 1 Jolin Kish	4:30-5:30pm CrossFit Class* CrossFit Box Alaina Savage	5:30-6:30pm Pilates Reformer* Pilates Studio Niki Muckenhirn	5:30-6:30pm CrossFit Class* CrossFit Box Chris Pearson	4:30-5:30pm CrossFit Class* CrossFit Box Jake Adams		
5:30-6:45pm Vinyasa Yoga Yoga Studio Roni Finkelstein	5:30-6:30pm CrossFit Class* CrossFit Box Alaina Savage	5:30-6:15pm Spinning Spin Studio Ava Pavao	5:30-6:30pm Spinning Spin Studio Adrienne Pelton	5-6pm Athletic Reformer* Pilates Studio Niki Muckenhirn		
	5:30-6:30pm Pilates Mat Yoga Studio Niki Muckenhirn	5:30-6:30pm BodyCombat Studio 1 Chetana Jayakrishna	5:30-6:30pm Pilates Mat Yoga Studio Niki Muckenhirn			
	5:30-6:30pm BodyPump Studio 1 Stephanie Coen	5:30-6:30pm CrossFit Class* CrossFit Box Anthony Vorachak	5:30-6:30pm BodyPump Studio 1 Emily Cleaveland			
	5:30-6:30pm Active Aging Personal Training Studio Malik Newcomb	5:30-6:30pm Vinyasa Yoga Yoga Studio Sara Grote	5:30-6:30pm Active Aging Personal Training Studio Malik Newcomb			
		7-8pm Yoga Play Yoga Studio Sara Grote				

MAY '23

CLASS COLOR KEY

- Pilates Studio
- Studio 1
- Yoga Studio
- Spin Studio
- Personal Training Studio
- CrossFit Box

*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.