

### 30-Minute Core

Develop the core muscles in your abdomen and back in this short-format class. The mix of exercises will improve your stability, strength, posture, and self-confidence. All levels.

### 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 Mills 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.

### Boot Camp

Combining cardio and strength training to maximize caloric burn, this circuit-style interval class will push your fitness to new levels. Varying exercises range from low to high-intensity, allowing the heart rate to come down and ramp back up. This full body workout is adaptable for a variety of fitness levels.

### 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.

### 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.

### 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.

### 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

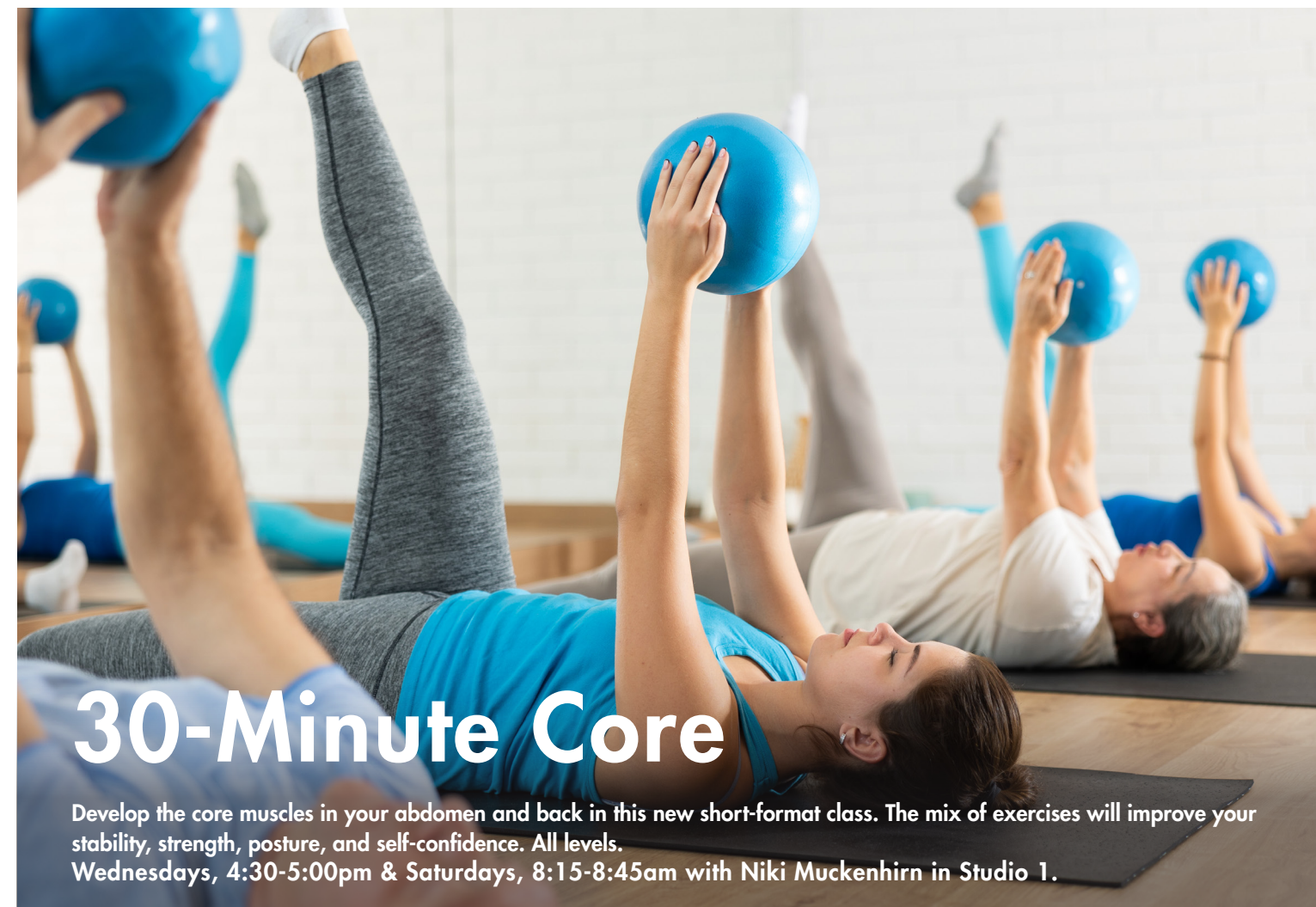
Constantly varied functional movement at high intensity — It says it all, but it's so much more. CrossFit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting,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



The best part of your day

## GROUP FITNESS SCHEDULE | SEPTEMBER 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.



# 30-Minute Core

Develop the core muscles in your abdomen and back in this new short-format class. The mix of exercises will improve your stability, strength, posture, and self-confidence. All levels.  
Wednesdays, 4:30-5:00pm & Saturdays, 8:15-8:45am with Niki Muckenhirn in Studio 1.

### 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

33 Morgan Drive  
Centerra Park  
Lebanon, NH 03766

[RiverValleyClub.com](http://RiverValleyClub.com)

(603) 643-7720

[ContactUs@RiverValleyClub.com](mailto: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 <b>CrossFit Class*</b> CrossFit Box Alaina Savage	5-6am <b>CrossFit Class*</b> CrossFit Box Chris Pearson	5-6am <b>CrossFit Class*</b> CrossFit Box Chris Pearson	5-6am <b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	5-6am <b>CrossFit Class*</b> CrossFit Box Alaina Savage	7:30-8:15am <b>Spinning</b> Spin Studio Adrienne Pelton	8-8:50am <b>Full Body Cond.</b> Studio 1 Jolin Kish
6-7am <b>CrossFit Class*</b> CrossFit Box Alaina Savage	6-7am <b>CrossFit Class*</b> CrossFit Box Chris Pearson	6-7am <b>CrossFit Class*</b> CrossFit Box Jake Adams	6-7am <b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	6-7am <b>CrossFit Class*</b> CrossFit Box Alaina Savage	8:15-8:45am <b>30-Minute Core</b> Studio 1 Niki Muckenhirn <b>NEW!</b>	9-10am <b>Zumba</b> Studio 1 Jolin Kish
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	7-8am <b>Metcon</b> CrossFit Box Anthony Vorachak	8:30-9:30am <b>Cardio Pilates Mix</b> Studio 1 Niki Muckenhirn	8:45-9:45am <b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn	12-1pm <b>Active Aging</b> Personal Training Studio Garrett Rolsma
10-11am <b>Forever Fit</b> Studio 1 Amy Fortier	6:30-7:30am <b>Vinyasa Yoga</b> Yoga Studio Roni Finkelstein	10-11am <b>Forever Fit</b> Studio 1 Marie White	7-8am <b>Boot Camp</b> Studio 1 Dannika Kehoe	10-11am <b>Forever Fit</b> Studio 1 Amy Fortier	9-10am <b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	<div style="border: 1px solid black; padding: 10px;"> <h2 style="text-align: center; margin: 0;">SEPTEMBER '23</h2> <h3 style="text-align: center; margin: 5px 0 0 0;">CLASS COLOR KEY</h3> <ul style="list-style-type: none"> <li><span style="color: #008080;">•</span> Pilates Studio</li> <li><span style="color: #008080;">•</span> Studio 1</li> <li><span style="color: #FFD700;">•</span> Yoga Studio</li> <li><span style="color: #008000;">•</span> Spin Studio</li> <li><span style="color: #008000;">•</span> Personal Training Studio</li> <li><span style="color: #FF0000;">•</span> CrossFit Box</li> </ul> <p style="font-size: small; margin-top: 10px;">*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.</p> </div>
10-11am <b>Pilates Reformer*</b> Pilates Studio Teresa Urnezis	7-8am <b>Metcon</b> CrossFit Box Alaina Savage	10-11am <b>Pilates Reformer*</b> Pilates Studio Teresa Urnezis	8:30-9:25am <b>Barre Mix</b> Studio 1 Marie White	10-11am <b>Active Aging</b> Personal Training Studio Malik Newcomb	10-11am <b>Pilates Mat</b> Yoga Studio Niki Muckenhirn	
11am-12pm <b>BodyBalance</b> Studio 1 Teresa Urnezis	7-8am <b>Boot Camp</b> Studio 1 Dannika Kehoe	10:30am-11:45pm <b>Gentle Yoga</b> Yoga Studio Suzanne Rendahl <b>NEW!</b>	9:30-10:30am <b>Pilates Mix</b> Studio 1 Niki Muckenhirn	11am-12pm <b>BodyBalance</b> Studio 1 Teresa Urnezis	11:15am-12:15pm <b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn	
12-1pm <b>Barre Mix</b> Studio 1 Teresa Urnezis	8:30-9:30am <b>Barre Mix</b> Studio 1 Niki Muckenhirn	12-1pm <b>CrossFit Class*</b> CrossFit Box Chris Pearson	9:30-10am <b>Intro to Pilates Reformer</b> Pilates Studio Marie White	11am-12:15pm <b>Kripalu Yoga</b> Yoga Studio Sue Kirinchich	11:15am-12:30pm <b>Vinyasa Yoga</b> Yoga Studio Tomoko Liguori	
12-1pm <b>CrossFit Class*</b> CrossFit Box Chris Pearson	9:30-10:30am <b>Full Body Cond.</b> Studio 1 Marie White	12-1pm <b>Barre Mix</b> Studio 1 Teresa Urnezis	10-11am <b>Pilates Reformer*</b> Pilates Studio Marie White	12-1pm <b>CrossFit Class*</b> CrossFit Box Jake Adams		
12-1pm <b>Gentle Yoga</b> Yoga Studio Tomoko Liguori	10-11am <b>Active Aging</b> Personal Training Studio Jake Adams	3:30-4:30pm <b>Odd Objects 101</b> CrossFit Box Chris Pearson	10-11am <b>Active Aging</b> Personal Training Studio Jake Adams	12-1pm <b>Barre Mix</b> Studio 1 Teresa Urnezis		
4:30-5:30pm <b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	10:30-11:30am <b>Reformer/Barre Fusion</b> Pilates Studio Marie White	4:30-5:30pm <b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	12-1pm <b>Pilates Mat</b> Yoga Studio Niki Muckenhirn	12-1pm <b>Spinning</b> Spin Studio Alex Figueroa		
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5:30-6:30pm <b>Spinning</b> Spin Studio Adrienne Pelton <b>NEW!</b>	12-1pm <b>Cardio Dance</b> Studio 1 Amy Fortier	5-5:30pm <b>Intro to Pilates Reformer</b> Pilates Studio Niki Muckenhirn	12-1pm <b>Reformer/Barre Fusion</b> Pilates Studio Teresa Urnezis	5-6pm <b>Athletic Reformer*</b> Pilates Studio Niki Muckenhirn		
5:30-6:30pm <b>Zumba</b> Studio 1 Jolin Kish	12-1pm <b>Reformer/Barre Fusion</b> Pilates Studio Teresa Urnezis	5:30-6:30pm <b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn	4:30-5:30pm <b>CrossFit Class*</b> CrossFit Box Chris Pearson			
	4:30-5:30pm <b>Pilates for Swimmers</b> Pilates Studio Niki Muckenhirn	5:30-6:30pm <b>BodyCombat</b> Studio 1 Chetana Jayakrishna	5:30-6:30pm <b>CrossFit Class*</b> CrossFit Box Chris Pearson			
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