

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.

Alofa Yoga

Meet Taialofa, a yoga instructor with 20 years teaching experience in Samoa and Fiji. This Vinyasa class, where traditional yoga meets a modern flow, enhances flexibility and strength. Unwind your mind, shed layers of stress, and discover new posture techniques to leave feeling recharged with renewed energy.

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.

Flex and Flow

A functional mobility class designed to enhance coordination, improve range of motion, and increase strength. 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 Your Goals

High Intensity Interval Training (HIIT) is scientifically proven to increase caloric expenditure through fast paced interval style workouts. HIIT can help committed athletes get to new levels, ready recreational enthusiasts for their next adventure, and bring excitement back into working out!

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. All skill levels.

Odd Objects 101

This class incorporates non-barbell and non-dumbbell equipment to force your body to recruit muscles in new ways and work synergistically. You put your body through these types of lifts on the regular, why not make it part of your workout?

Perfect Peach

This short format class is focused on building shape, strength, and stability to the Gluteal Muscle Group. Balance, posture, and targeted activation will help you reach your shaping goals.

Pilates for Swimmers

Pilates' whole body-conditioning program complements swimmers' needs for maximum performance. Pilates will give you a toned and powerful body without bulk, allowing you to slice cleanly through the water. Pilates lengthens the body and corrects bad posture to 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 perfect as a standalone or a complement to weight training because it focuses on the deep, stabilizing muscles that are essential for sports and everyday life. Focused breathing enhances meditative benefits and modifications make Pilates suitable for 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.

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.

Rise and Grind

Combining cardio and strength training, this circuit-style interval class will start your day off right! 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 all levels.

Rock Climbing

Accompanied by RVC-certified belayers, members can choose from the 20 new routes on the climbing wall, rated 5.5 to 5.11.

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 reformer class challenges the body and mind at optimal levels. We'll take traditional and not so traditional Reformer exercises and incorporate weights, fitness circles, and iso-balls for muscle toning, sculpting the body and strengthening the core. 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 combines a bed-like frame, a platform on wheels called the carriage, and springs. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar, perched on the footbar or shoulder blocks, with additional equipment, upside down, sideways, and many other variations. The wide variety of exercises 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.



The best part of your day

GROUP FITNESS SCHEDULE | NOVEMBER 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.

NEW!

8 Classes. 1 Month. Feel Great. Earn a Prize!

NOVEMBER GROUP EXERCISE CHALLENGE

<input type="checkbox"/> Rise and Grind <input type="checkbox"/> Peach Perfect <input type="checkbox"/> Yoga—Your Choice <input type="checkbox"/> Spinning—Your Choice	<input type="checkbox"/> HiIT Your Goals <input type="checkbox"/> Flex and Flow <input type="checkbox"/> FREE CHOICE! <input type="checkbox"/> BodyBalance/Body-Combat/BodyPump
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RVC Club **How to play:**

1. Enroll in eight (8) Group Ex classes this November. Take an old favorite, try something new, feel great!
2. Have your instructor initial the box at the end of class.
3. If you can't attend one of the listed sessions, write-in a class that you can. RVC wants you to succeed.
4. Redeem your completed challenge card for one of:
 - 3 FREE Day Passes: Bring a Friend to Class
 - 1 FREE 60-Minute Personal Training Session
 - 1 FREE Styku 3D Body Scan

Name: _____

November 8 Class Challenge

Be fit.
Have fun.
Win!

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	8:15-8:45am	30-Minute Core Studio 1 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	8-9am	Reformer/Barre Fusion* Pilates Studio Teresa Urnezis	8:50-9:50am	Pilates Reformer* Pilates Studio Niki Muckenhirn	12-1pm	Active Aging Personal Training Studio Garrett Rolsma
10-11am	Forever Fit Studio 1 Amy Fortier	7-8am	Metcon CrossFit Box Alaina Savage	8:30-9:15am	Spinning Spin Studio Ava Pavao	7-8am	Rise and Grind Studio 1 Dannika Kehoe	8:30-9:15am	Spinning Spin Studio Ava Pavao	9-10am	CrossFit Class* CrossFit Box Anthony Vorachak	<div data-bbox="2635 393 3061 1092" data-label="Complex-Block"> <h2 style="text-align: center;">NOVEMBER '23</h2> <h3 style="text-align: center;">CLASS COLOR KEY</h3> <ul style="list-style-type: none"> • Pilates Studio • Studio 1 • Yoga Studio • Spin Studio • Personal Training Studio • CrossFit Box <p>*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	Pilates Reformer* Pilates Studio Teresa Urnezis	7-8am	Rise and Grind Studio 1 Dannika Kehoe	8:30-9:30am	BodyPump Studio 1 Emily Cleaveland	8:30-9:25am	Barre Mix Studio 1 Marie White	8:30-9:30am	Cardio Pilates Mix Studio 1 Niki Muckenhirn	10-11am	Pilates Mat Yoga Studio Niki Muckenhirn		
11am-12pm	BodyBalance Studio 1 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	11:15am-12:15pm	Pilates Reformer* Pilates Studio Niki Muckenhirn		
12-1pm	Barre Mix Studio 1 Teresa Urnezis	9-10am	Alofa Yoga Yoga Studio Taalofa Petrini	10-11am	Pilates Reformer* Pilates Studio Teresa Urnezis	9:30-10am	Intro to Pilates Reformer Pilates Studio Marie White	11am-12pm	BodyBalance Studio 1 Teresa Urnezis	11:15am-12:30pm	Vinyasa Yoga Yoga Studio Tomoko Liguori		
12-1pm	CrossFit Class* CrossFit Box Chris Pearson	9:30-10:30am	Full Body Cond. Studio 1 Marie White	10:30am-11:45pm	Gentle Yoga Yoga Studio Suzanne Rendahl	10-11am	Pilates Reformer* Pilates Studio Marie White	11am-12:15pm	Kripalu Yoga Yoga Studio Sue Kirincich				
12-1pm	Gentle Yoga Yoga Studio Tomoko Liguori	10-11am	Active Aging Personal Training Studio Jake Adams	12-1pm	CrossFit Class* CrossFit Box Chris Pearson	10-11am	Active Aging Personal Training Studio Jake Adams	12-1pm	CrossFit Class* CrossFit Box Jake Adams				
4-4:30pm	Peach Perfect Studio 1 Dannika Kehoe	10:30-11:30am	Reformer/Barre Fusion* Pilates Studio Marie White	12-1pm	Barre Mix Studio 1 Teresa Urnezis	12-1pm	Pilates Mat Yoga Studio Niki Muckenhirn	12-1pm	Barre Mix Studio 1 Teresa Urnezis				
4:30-5:30pm	CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm	CrossFit Class* CrossFit Box Anthony Vorachak	3-4pm	Flex and Flow Studio 1 Niki Muckenhirn	12-1pm	CrossFit Class* CrossFit Box Anthony Vorachak	12-1pm	Spinning Spin Studio Alex Figueroa				
5:30-6:30pm	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	Reformer/Barre Fusion* Pilates Studio Teresa Urnezis	4-4:30pm	Peach Perfect Studio 1 Niki Muckenhirn				
5:30-6:30pm	Vinyasa Yoga Yoga Studio Roni Finkelstein	12-1pm	Reformer/Barre Fusion* Pilates Studio Teresa Urnezis	4:30-5:30pm	CrossFit Class* CrossFit Box Anthony Vorachak	4-4:45pm	HIIT Your Goals Studio 1 Malik Newcomb	4:30-5:30pm	CrossFit Class* CrossFit Box Jake Adams				
5:30-6:30pm	Spinning Spin Studio Adrienne Pelton	4-4:45pm	HIIT Your Goals Studio 1 Malik Newcomb	4:30-5:00pm	30-Minute Core Studio 1 Niki Muckenhirn	4:30-5:30pm	CrossFit Class* CrossFit Box Chris Pearson	4:30-5:30pm	Full Body Cond. Studio 1 Niki Muckenhirn				
5:30-6:30pm	Zumba Studio 1 Jolin Kish	4:30-5:30pm	Pilates for Swimmers Pilates Studio Niki Muckenhirn	5-5:30pm	Intro to Pilates Reformer Pilates Studio Niki Muckenhirn	5:30-6:30pm	CrossFit Class* CrossFit Box Chris Pearson	5:30-6:30pm	Athletic Reformer* Pilates Studio Niki Muckenhirn				
		4:30-5:30pm	CrossFit Class* CrossFit Box Alaina Savage	5:30-6:30pm	Pilates Reformer* Pilates Studio Niki Muckenhirn	5:30-6:30pm	Spinning Spin Studio Peter Sieliki						
		5:30-6:30pm	CrossFit Class* CrossFit Box Alaina Savage	5:30-6:30pm	BodyCombat Studio 1 Chetana Jayakrishna	5:30-6:30pm	Pilates Mat Yoga Studio Niki Muckenhirn						
		5:30-6:30pm	Pilates Mat Yoga Studio Niki Muckenhirn	5:30-6:30pm	CrossFit Class* CrossFit Box Anthony Vorachak	5:30-6:30pm	BodyPump Studio 1 Emily Cleaveland						
		5:30-6:30pm	BodyPump Studio 1 Stephanie Coen	5:30-8:00pm	Rock Climbing Climbing Wall Jed Eliades	5:30-6:30pm	Active Aging Personal Training Studio Malik Newcomb						
6:00-8:00pm	Rock Climbing Climbing Wall Luxi Xia	5:30-6:30pm	Active Aging Personal Training Studio Malik Newcomb										
TUESDAY, CONTINUED													

NOVEMBER '23

CLASS COLOR KEY

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

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SIGN UP IS EASY

Scan here for the RVC App on your iPhone.



Scan here for the RVC App on your Android.

