

### 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.

### 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

This low impact, dance-based program is suitable for all ages and fitness levels. Get a fun, aerobic workout blending dance styles like hip hop, latin, Broadway, belly dance, country, and more!

### 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.

### Flex and Flow

Exercises that develop flexibility, mobility, and strength unite in this full-body class for 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.

### Mighty Movements

Work to perfect your technique and achieve full body fitness as the foundation of all you do. Each session is a deep dive into different muscle groups, with meticulous attention paid to active cueing, proper breathing, and form checks.

### 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.

### 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.

### Top Speed

Carefully programmed interval runs designed for endurance, speed, and power. A personal headset connected to a personal device is required.

### 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](http://UpperValleyCrossFit.com).



The best part of your day

# GROUP FITNESS SCHEDULE | FEBRUARY 2024

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.

**THIS FEB!**

**PILATES REFORMER 6-PACKS**

**FOR YOU**

Strength  
Balance  
Flexibility

2 Different 6-Packs

Scan to learn more.

## 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  
(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	<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	8-8:45am	<b>Top Speed</b> Fitness Floor Alex Figueroa	9-10am	<b>Zumba</b> Studio 1 Jolin Kish
8:30-9:15am	<b>Spinning</b> Spin Studio Ava Paveo	6:30-7:15am	<b>Spinning</b> Spin Studio Adrienne Pelton	6:30-7:30am	<b>Vinyasa Yoga</b> Yoga Studio Roni Finkelstein	7-8am	<b>Metcon</b> CrossFit Box Anthony Vorachak	8-9am	<b>Reformer/Barre Fusion*</b> Pilates Studio Teresa Urnezis	8:15-8:45am	<b>30-Minute Core</b> Studio 1 Niki Muckenhirn	12-1pm	<b>Active Aging</b> Personal Training Studio Garrett Rolsma
8:30-9:30am	<b>BodyPump</b> Studio 1 Emily Cleaveland	7-8am	<b>Metcon</b> CrossFit Box Alaina Savage	8:30-9:15am	<b>Spinning</b> Spin Studio Ava Paveo	8:30-9:25am	<b>Barre Mix</b> Studio 1 Marie White	8:30-9:30am	<b>Cardio Pilates Mix</b> Studio 1 Niki Muckenhirn	8:50-9:50am	<b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn		
10-11am	<b>Forever Fit</b> Studio 1 Amy Fortier	8:30-9:30am	<b>Barre Mix</b> Studio 1 Niki Muckenhirn	8:30-9:30am	<b>BodyPump</b> Studio 1 Emily Cleaveland	9:30-10:30am	<b>Pilates Mix</b> Studio 1 Niki Muckenhirn	10-11am	<b>Forever Fit</b> Studio 1 Amy Fortier	9-10am	<b>CrossFit Class*</b> CrossFit Box Anthony Vorachak		
10-11am	<b>Pilates Reformer*</b> Pilates Studio Teresa Urnezis	9-10am	<b>Alofa Yoga</b> Yoga Studio Taialofa Petrini	10-11am	<b>Forever Fit</b> Studio 1 Marie White	9:30-10am	<b>Intro to Pilates Reformer</b> Pilates Studio Marie White	11am-12pm	<b>BodyBalance</b> Studio 1 Teresa Urnezis	10-11am	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn		
11am-12pm	<b>BodyBalance</b> Studio 1 Teresa Urnezis	9:30-10:30am	<b>Full Body Cond.</b> Studio 1 Marie White	10-11am	<b>Pilates Reformer*</b> Pilates Studio Teresa Urnezis	10-11am	<b>Pilates Reformer*</b> Pilates Studio Marie White	11am-12:15pm	<b>Kripalu Yoga</b> Yoga Studio Sue Kirincich	11:15am-12:15pm	<b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn		
12-1pm	<b>Barre Mix</b> Studio 1 Teresa Urnezis	10-11am	<b>Active Aging</b> Personal Training Studio Jake Adams	10:30am-11:45pm	<b>Gentle Yoga</b> Yoga Studio Suzanne Rendahl	10-11am	<b>Active Aging</b> Personal Training Studio Jake Adams	12-1pm	<b>CrossFit Class*</b> CrossFit Box Jake Adams	11:15am-12:30pm	<b>Vinyasa Yoga</b> Yoga Studio Tomoko Liguori		
12-1pm	<b>CrossFit Class*</b> CrossFit Box Chris Pearson	10:30-11:30am	<b>Reformer/Barre Fusion*</b> Pilates Studio Marie White	12-1pm	<b>CrossFit Class*</b> CrossFit Box Chris Pearson	12-1pm	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn	12-1pm	<b>Barre Mix</b> Studio 1 Teresa Urnezis				
12-1pm	<b>Gentle Yoga</b> Yoga Studio Tomoko Liguori	12-1pm	<b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	12-1pm	<b>Barre Mix</b> Studio 1 Teresa Urnezis	12-1pm	<b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	12-1pm	<b>Spinning</b> Spin Studio Alex Figueroa				
4-4:30pm	<b>Peach Perfect</b> Studio 1 Dannika Kehoe	12-1pm	<b>Cardio Dance</b> Studio 1 Amy Fortier	3-4pm	<b>Flex and Flow</b> Studio 1 Niki Muckenhirn	12-1pm	<b>Reformer/Barre Fusion*</b> Pilates Studio Teresa Urnezis	4-4:30pm	<b>Peach Perfect</b> Studio 1 Niki Muckenhirn				
4:30-5:30pm	<b>CrossFit Class*</b> CrossFit Box Wesley Hill	12-1pm	<b>Reformer/Barre Fusion*</b> Pilates Studio Teresa Urnezis	3:30-4:30pm	<b>Odd Objects 101</b> CrossFit Box Chris Pearson	12-1pm	<b>Cardio Dance</b> Studio 1 Amy Fortier	4:30-5:30pm	<b>CrossFit Class*</b> CrossFit Box Jake Adams				
5:30-6:30pm	<b>CrossFit Class*</b> CrossFit Box Wesley Hill	4-4:45pm	<b>HIIT Your Goals</b> Studio 1 Malik Newcomb	4:30-5:30pm	<b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	4-4:45pm	<b>HIIT Your Goals</b> Studio 1 Malik Newcomb	4:30-5:30pm	<b>Full Body Cond.</b> Studio 1 Niki Muckenhirn				
5:30-6:30pm	<b>Vinyasa Yoga</b> Yoga Studio Roni Finkelstein	4:30-5:30pm	<b>Pilates for Swimmers</b> Pilates Studio Niki Muckenhirn	4:30-5:00pm	<b>30-Minute Core</b> Studio 1 Niki Muckenhirn	4:30-5:30pm	<b>CrossFit Class*</b> CrossFit Box Chris Pearson	5:30-6:30pm	<b>Athletic Reformer*</b> Pilates Studio Niki Muckenhirn				
5:30-6:30pm	<b>Spinning</b> Spin Studio Adrienne Pelton	4:30-5:30pm	<b>CrossFit Class*</b> CrossFit Box Alaina Savage	5-5:30pm	<b>Intro to Pilates Reformer</b> Pilates Studio Niki Muckenhirn	5:30-6:30pm	<b>CrossFit Class*</b> CrossFit Box Chris Pearson						
5:30-6:30pm	<b>Mighty Movements</b> Studio 1 Dannika Kehoe	5:30-6:15pm	<b>Top Speed</b> Fitness Floor Alex Figueroa	5:30-6:30pm	<b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn	5:30-6:30pm	<b>Spinning</b> Spin Studio Peter Sielicki						
		5:30-6:30pm	<b>CrossFit Class*</b> CrossFit Box Alaina Savage	5:30-6:30pm	<b>BodyCombat</b> Studio 1 Chetana Jayakrishna	5:30-6:30pm	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn						
		5:30-6:30pm	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn	5:30-6:30pm	<b>CrossFit Class*</b> CrossFit Box Anthony Vorachak	5:30-6:30pm	<b>BodyPump</b> Studio 1 Emily Cleaveland						
		5:30-6:30pm	<b>BodyPump</b> Studio 1 Stephanie Coen	5:30-8:00pm	<b>Rock Climbing</b> Climbing Wall Robert Di Sebastian	5:30-6:30pm	<b>Active Aging</b> Personal Training Studio Malik Newcomb						
6:00-8:00pm	<b>Rock Climbing</b> Climbing Wall Luxi Xia	5:30-6:30pm	<b>Active Aging</b> Personal Training Studio Malik Newcomb										

## FEBRUARY '24

### CLASS COLOR KEY

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

\*Classes with an asterisk have an additional fee. To enroll in additional fee classes, please see a Membership Coordinator.

## SIGN UP IS EASY

Scan here for the RVC App on your iPhone.



Scan here for the RVC App on your Android.

