

30-Minute Core

Develop the core muscles in your abdomen and back in this short-format class. Improve your stability, strength, posture, and self-confidence. All levels.

Active Aging

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

This Vinyasa-inspired class enhances flexibility and strength. Unwind your mind, shed layers of stress, and leave feeling recharged with renewed energy.

Aqua Circuits & Intervals

Tone muscles, build strength, and develop cardiac endurance in these fast and fun high intensity interval training classes. All levels.

Aqua Fit

A full body, low-impact workout that uses the multi-directional resistance of water and tools to improve heart health, strength, balance, and flexibility.

Aqua Pilates

Improve balance, core, and overall strength and mobility in these low impact, aquatic format workouts built on Pilates forms.

Barre Mix

This class will shape leaner, longer muscles by using the ballet barre, body weight and props combined with Pilates moves. All levels.

BodyBalance (Les Mills)

Bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. All levels.

BodyCombat (Les Mills)

This 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 Les Mill's barbell class will sculpt, tone and strengthen your entire body. Using low weights & high repetitions, you'll burn fat and gain strength.

Cardio Dance

Get a fun, low-impact, aerobic workout blending dance styles like hip hop, latin, Broadway, belly dance, country, and more! All ages & levels.

Cardio Pilates Mix

Get your heart rate up and sculpt your body in one workout. Cardio and Pilates come together to burn more calories and build longer leaner muscles.

Flex and Flow

This functional mobility class is designed to enhance coordination, improve range of motion, and increase strength. All levels.

Forever Fit

This class provides cardio conditioning, strength/flexibility, and functional training for everyday activities. 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 wanting a gentle yoga practice. Supported and strengthening poses will be explored, as will conscious breathing. All levels.

High Intensity Interval Training

High Intensity Interval Training is scientifically proven to increase caloric expenditure through fast-paced interval style workouts. All levels.

Intro to Pilates Reformer

A starter class that introduces the equipment, studio, instructors, and a chance to try a few exercises with certified professional supervision and guidance.

Iyengar Yoga

A classical Indian style of yoga that often uses props develop strength, stamina, concentration & body alignment. All levels.

Kripalu Yoga

An asana practice emphasizing meditation and breathwork, and encourages inward focus and spiritual attunement. Emerge calm, clear, and enlivened.

Metcon

Short for metabolic conditioning, this all levels CrossFit class is a great introduction to the Box, trainers, and community. All skill levels welcome.

Mighty Movements

Perfect your technique and achieve full body fitness. Sessions focus on different muscle groups, with attention to cueing, breathing, and form. All levels.

Odd Objects 101

Using non-barbell and non-dumbbell equipment, your body will recruit muscles in new ways to work synergistically. All levels.

Perfect Peach

Build shape, strength, and stability to your Gluteal Muscle Group. Balance, posture, and targeted activation will help you reach your shaping goals.

Pickleball - Open Play

These sessions are for all players ready to play fun games together and meet new people. For all levels, these classes have a social atmosphere!

Pickle Zones

Pickle Zones is Open Play with a more competitive twist – designated courts are reserved for beginning, intermediate, and advanced players.

Pilates for Swimmers

Pilates and swimming both create toned and powerful bodies without bulk. These reformer classes complement swimmer's muscularity in the studio.

Pilates Mat

Improve core strength, mobility, stability, posture, balance, and flexibility. Perfect as a standalone or a complement to weight training, the focus on deep, stabilizing muscles is essential for sports and everyday life. All levels.

Pilates Mix

Create a strong, balanced body & increase your range of motion & flexibility with classic mat Pilates moves mixed with yoga and props. All levels.

Rock Climbing

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

Splash Fitness

Strengthen your cardiovascular endurance, core, and every major muscle group in this dynamic, unique, and fun aquatic format. All levels.

Spinning

The ultimate cardiovascular workout. Pedal through hill climbs, sprints, and other 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®

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 class uses weights, fitness circles, and iso-balls for muscle toning, sculpting, and strengthening the core. Get challenged, chiseled, and sweaty.

*CrossFit Classes

CrossFit is a strength and conditioning workout system developed on functional movements performed at high intensity levels. These are movements you perform in everyday life, like squatting, pulling, pushing, and lifting. Learn more about Upper Valley CrossFit at UpperValleyCrossFit.com.

*Intermediate Reformer

Speak with your instructor to ensure you're ready to step up to Intermediate Reformer, which builds on the essential techniques you've learned for quicker paced, more targeted workouts.

*Pickleball - Competitive Match Play

Players who love to play with, and against, new people come to Competitive Match Play for new challenges each week.

*Pickleball - Learn to Play

If you have no knowledge pickleball but want to learn – this is a great class for you to learn the entire game in one hour! All ages welcome.

*Pickleball - Skills, Drills & Games

Ready to increase consistency and learn something new? The first hour focuses on the technique and strategy. The last half-hour is instructed play.

*Pickleball - Videotaped Analysis Play Workshops

Use SwingVision with your Pro in both drilling and open play formats, and receive visual and verbal feedback on the best ways to improve.

*Pilates Reformer

Pilates Reformer classes use Merrithew reformers, a specialized piece of equipment that combines a bed-like frame, a carriage on wheels, and springs. Various exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar, perched on the footbar or shoulder blocks. The diverse exercises promote strength, flexibility, and balance leading to better posture, and even relief from pain associated with physical imbalances.

*Reformer/Barre Fusion

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

*Tennis - Cardio Tennis

These fun clinics have you hit as many balls as possible in a fast-paced, drill session that gets your heart pumping! Advanced beginner and above.

*Tennis - Instructed Match Play

Jump straight into match play with your Pro coaching you in real time, shaping you, and your rotating partners', strategy, form, and technique.

*Tennis - Weekend Warriors

In these play-filled doubles sessions, you'll learn new tennis tactics through fun and competitive drills and games.

GROUP FITNESS SCHEDULE | APRIL 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.



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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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	
5-6 am	CrossFit Class* Alaina Savage	5-6 am	CrossFit Class* Chris Pearson	5-6 am	CrossFit Class* Chris Pearson	5-6 am	CrossFit Class* Anthony Vorachak	5-6 am	CrossFit Class* Alaina Savage	7:30-8:15am	Spinning Adrienne Pelton	8-8:50 am	Full Body Cond. Jolin Kish
6-7 am	CrossFit Class* Alaina Savage	5:30-6:15am	Spinning Kyle Rattray	6-7 am	CrossFit Class* Jake Adams	5:30-6:15am	Spinning Kyle Rattray	6-7 am	CrossFit Class* Alaina Savage	8-8:45 am	Top Speed Alex Figueroa	9-10 am	Zumba Jolin Kish
8-9 am	Cardio Tennis* Ben Gantrich	6-7 am	CrossFit Class* Chris Pearson	6:30-7:30am	Vinyasa Yoga Roni Finkelstein	6-7 am	CrossFit Class* Anthony Vorachak	8-9 am	Reformer/Barre Fusion* Teresa Urnezis	8-9 am	Learn to Play Pickelball* Gabe Wilamowski	12-1 pm	Active Aging Garrett Rolsma
8:30-9:15am	Spinning Ava Paveo	6:30-7:15am	Spinning Adrienne Pelton	8-9 am	Cardio Tennis* Ben Gantrich	7-8 am	Metcon Anthony Vorachak	8-9 am	Cardio Tennis* Ben Gantrich	8:15-8:45am	30-Minute Core Niki Muckenhirn	12-3 pm	Pickleball - Open Play Gabe Wilamowski
8:30-9:30am	BodyPump Emily Cleaveland	7-8 am	Metcon Alaina Savage	8:30-9:15am	Spinning Ava Paveo	8:30-9:25am	Barre Mix Marie White	8:30-9:30am	Cardio Pilates Mix Niki Muckenhirn	8:50-9:50am	Inter Pilates Reformer* Niki Muckenhirn		
9-10 am	Learn to Play Pickelball* Gabe Wilamowski	8:30-9:30am	Barre Mix Niki Muckenhirn	8:30-9:30am	BodyPump Emily Cleaveland	9:30-10:30am	Pilates Mix Niki Muckenhirn	10-11 am	Forever Fit Amy Fortier	9-10 am	CrossFit Class* Anthony Vorachak		
10-11 am	Forever Fit Amy Fortier	9-10 am	Alofa Yoga Tialofa Petrini	10-11 am	Forever Fit Marie White	9:30-10 am	Intro to Pilates Reformer Marie White	10:30am-12pm	Pickleball - Skills & Drills* Booie Williamson	9-10:30 am	Tennis - Weekend Warriors I* John Frates		
10-11 am	Pilates Reformer* Teresa Urnezis	9-10:30 am	Pickleball - Beg Skills & Drills* Gabe Wilamowski	10-11 am	Pilates Reformer* Teresa Urnezis	10-11 am	Pilates Reformer* Marie White	11am-12pm	BodyBalance Teresa Urnezis	10-11 am	Pilates Mat Niki Muckenhirn		
11am-12pm	BodyBalance Teresa Urnezis	9:30-10:30am	Full Body Cond. Marie White	10:30-11:45am	Gentle Yoga Suzanne Rendahl	10-11 am	Active Aging Jake Adams	11am-12:15pm	Kripalu Yoga Sue Kirincich	10:30am-12pm	Tennis - Weekend Warriors II* John Frates		
12-1 pm	Barre Mix Teresa Urnezis	10-11 am	Active Aging Jake Adams	10:30-11:30am	Aqua Pilates Dannika Kehoe NEW!	12-1 pm	Cardio Pickleball Gabe Wilamowski	12-1 pm	CrossFit Class* Jake Adams	10:30am-12pm	Pickleball - Adv Skills & Drills* Gabe Wilamowski		
12-1 pm	Splash Fitness Alex Figueroa NEW!	10:30-11:30am	Reformer/Barre Fusion* Marie White	12-1 pm	CrossFit Class* Chris Pearson	12-1 pm	Pilates Mat Niki Muckenhirn	12-1 pm	Cardio Pickleball Booie Williamson	11:15am-12:15pm	Pilates Reformer* Niki Muckenhirn		
12-1 pm	CrossFit Class* Chris Pearson	12-1 pm	CrossFit Class* Anthony Vorachak	12-1 pm	Barre Mix Teresa Urnezis	12-1 pm	CrossFit Class* Anthony Vorachak	12-1 pm	Cardio Pickleball Booie Williamson	11:15am-12:30pm	Vinyasa Yoga Tomoko Liguori		
12-1 pm	Cardio Pickleball Gabe Wilamowski	12-1 pm	Cardio Pickleball Gabe Wilamowski NEW!	12-1 pm	Cardio Pickleball Gabe Wilamowski	12-1 pm	Reformer/Barre Fusion* Teresa Urnezis	12-1 pm	Spinning Alex Figueroa	12-1:30 pm	Pickleball - Video Analysis Play* Gabe Wilamowski NEW!		
12-1 pm	Gentle Yoga Tomoko Liguori	12-1 pm	Cardio Dance Amy Fortier	1-3 pm	Pickleball - Open Play Gabe Wilamowski	12-1 pm	Cardio Dance Amy Fortier	1-3 pm	Pickleball - Open Play Booie Williamson				
1-3 pm	Pickleball - Open Play Gabe Wilamowski	12-1 pm	Reformer/Barre Fusion* Teresa Urnezis	3-4 pm	Flex and Flow Niki Muckenhirn	1-3 pm	Pickleball - Open Play Gabe Wilamowski	4-4:30 pm	Peach Perfect Niki Muckenhirn				
4-4:30 pm	Peach Perfect Dannika Kehoe	1-2:30 pm	Tennis - Instructed Match Play* Ben Gantrich	3:30-4:30pm	Odd Objects 101 Chris Pearson	4:30-5:15pm	High Intensity Interval Training Malik Newcomb	4:30-5:30pm	CrossFit Class* Jake Adams				
4:30-5:30pm	CrossFit Class* Wesley Hill	1-3 pm	Pickleball - Open Play Gabe Wilamowski	4:30-5:30pm	CrossFit Class* Anthony Vorachak	4:30-5:30pm	CrossFit Class* Chris Pearson	4:30-5:30pm	Full Body Conditioning Niki Muckenhirn				
5:30-6:30pm	CrossFit Class* Wesley Hill	4:30-5:15pm	High Intensity Interval Training Malik Newcomb	4:30-5:00pm	30-Minute Core Niki Muckenhirn	5:30-6:30pm	CrossFit Class* Chris Pearson	5:30-6:30pm	Athletic Reformer* Niki Muckenhirn				
5:30-6:30pm	Aqua Circuits & Intervals Donna Schlosser NEW!	4:30-5:30pm	Pilates for Swimmers* Niki Muckenhirn	5-5:30 pm	Intro to Pilates Reformer Niki Muckenhirn	5:30-6:30pm	Spinning Peter Sielicki						
5:30-6:30pm	Vinyasa Yoga Roni Finkelstein	4:30-5:30pm	CrossFit Class* Alaina Savage	5:30-6:30pm	Pilates Reformer* Niki Muckenhirn	5:30-6:30pm	Pilates Mat Niki Muckenhirn						
5:30-6:30pm	Spinning Alex Figueroa	5:30-6:30pm	CrossFit Class* Alaina Savage	5:30-6:30pm	Aqua Fit Donna Schlosser NEW!	5:30-6:30pm	BodyPump Emily Cleaveland						
5:30-6:30pm	Mighty Movements Dannika Kehoe	5:30-6:30pm	Pilates Mat Niki Muckenhirn	5:30-6:30pm	BodyCombat Chetana Jayakrishna	5:30-6:30pm	Active Aging Malik Newcomb						
		5:30-6:30pm	BodyPump Stephanie Coen	5:30-6:30pm	CrossFit Class* Anthony Vorachak								
6-8 pm	Rock Climbing Luxi Xia TUES CONT	5:30-6:30pm	Active Aging Malik Newcomb	5:30-7:30pm	Pickleball - Competitive Match Play* Gabe Wilamowski	5:30-8:00pm	Rock Climbing Robert Di Sebastian WED CONT						

APRIL '24

CLASS COLOR KEY

- Pilates Studio
- Yoga Studio
- Spin Studio
- Studio 1
- Personal Training Studio
- CrossFit Box
- Fitness Floor
- Tennis & Pickleball
- Aquatics

*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.

