

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.

30-Minute Step

Join our step aerobics class for high-intensity cardio without joint stress. Improve fitness, strength, and heart health one step at a time!

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.

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 Mills 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 Aqua Pilates Mix

Blend the tranquility of Aqua Pilates with heart-pumping cardio for a dynamic, low-impact workout. Dive in for refreshing and fun fitness

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.

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.

Functional Mobility & Stretching

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

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.

Peach Perfect

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 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.

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.

Splash Fitness

Strengthen your cardiovascular endurance, core, and every major muscle group in this dynamic, unique, and fun aquatic format. 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 | JUNE 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	6-7 am CrossFit Class* Chris Pearson	6-7 am CrossFit Class* Jake Adams	6-7 am CrossFit Class* Anthony Vorachak	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	6:30-7:15am Spinning Adrienne Pelton	8-9 am Cardio Tennis* Ben Gantrich	7-8 am Metcon Anthony Vorachak	6:30-7:30am Vinyasa Yoga Roni Finkelstein NEW!	8-9 am Learn to Play Pickelball* Gabe Wilamowski	9-10:30 am Tennis - Live Ball* Ryan Cassidy
8:30-9:15am Spinning Ava Paveo	7-8 am Metcon Alaina Savage	8:30-9:15am Spinning Ava Paveo	8:30-9:25am Barre Mix Marie White	8-9 am Reformer/Barre Fusion* Teresa Urnezis	8:15-8:45am 30-Minute Core Niki Muckenhirn	12-1 pm Active Aging Garrett Rolsma
8:30-9:30am BodyPump Emily Cleaveland	8:30-9:30am Barre Mix Niki Muckenhirn	8:30-9:30am BodyPump Emily Cleaveland	9:30-10:30am Pilates Mix Niki Muckenhirn	8-9 am Cardio Tennis* Ben Gantrich	8:50-9:50am Inter Pilates Reformer* Niki Muckenhirn	12-1:30 pm Pickleball - Weekend Warriors* Ryan Cassidy
9-10 am Learn to Play Pickelball* Gabe Wilamowski	9-10:30 am Pickleball Stations* Gabe Wilamowski	10-11 am Forever Fit Marie White	10-11 am Active Aging Jake Adams	8:30-9:30am Cardio Pilates Mix Niki Muckenhirn	9-10 am CrossFit Class* Anthony Vorachak	12-3 pm Pickleball - Open Play Gabe Wilamowski
10-11 am Forever Fit Amy Fortier	9:30-10:30am Full Body Cond. Marie White	10-11 am Pilates Reformer* Teresa Urnezis	10:30-11:15am Cardio Aqua Pilates Mix Dannika Kehoe	9:30-10am 30-Minute Step Dannika Kehoe NEW!	9-10:30 am Tennis - Weekend Warriors I* John Frates	4-5:30 pm Tennis - 4.0+ Doubles Night* Lyle Nichols
10-11 am Pilates Reformer* Teresa Urnezis	10-11 am Active Aging Jake Adams	10:30-11:45am Gentle Yoga Suzanne Rendahl	10:30-11 am Intro to Pilates Reformer Teresa Urnezis NEW!	10-11 am Forever Fit Amy Fortier	10-11 am Pilates Mat Niki Muckenhirn	
11am-12pm BodyBalance Teresa Urnezis	11am-12pm Reformer/Barre Fusion* Teresa Urnezis NEW!	10:30-11:30am Aqua Pilates Dannika Kehoe	11am-12pm Reformer/Barre Fusion* Teresa Urnezis NEW!	10:30am-12pm Pickleball - Skills & Drills* Booie Williamson	10:30am-12pm Tennis - Weekend Warriors II* John Frates	
12-1 pm Barre Mix Teresa Urnezis	12-1 pm CrossFit Class* Anthony Vorachak	12-1 pm CrossFit Class* Chris Pearson	12-1 pm Cardio Pickleball* Gabe Wilamowski	11am-12pm BodyBalance Teresa Urnezis	10:30am-12pm Pickleball - Adv Skills & Drills* Gabe Wilamowski	
12-1 pm Splash Fitness Alex Figueroa	12-1 pm Cardio Pickleball* Gabe Wilamowski	12-1 pm Barre Mix Teresa Urnezis	12-1 pm Pilates Mat Niki Muckenhirn	11am-12:15pm Kripalu Yoga Sue Kirincich	11:15am-12:15pm Pilates Reformer* Niki Muckenhirn	
12-1 pm CrossFit Class* Chris Pearson	12-1 pm Cardio Dance Amy Fortier	12-1 pm Cardio Pickleball* Gabe Wilamowski	12-1 pm CrossFit Class* Anthony Vorachak	12-1 pm CrossFit Class* Jake Adams	11:15am-12:30pm Vinyasa Yoga Tomoko Liguori	
12-1 pm Cardio Pickleball* Gabe Wilamowski	1-2:30 pm Tennis - Instructed Match Play* Ben Gantrich	12-1 pm High Intensity Tennis Training* Ryan Cassidy NEW!	12-1 pm Cardio Dance Amy Fortier	12-1 pm Cardio Pickleball* Booie Williamson	12-1:30 pm Pickleball - Video Analysis Play* Gabe Wilamowski	
12-1 pm Gentle Yoga Tomoko Liguori	1-3 pm Pickleball - Open Play Gabe Wilamowski	1-3 pm Pickleball - Open Play Gabe Wilamowski	1-3 pm Pickleball - Open Play Gabe Wilamowski	12-1 pm Barre Mix Teresa Urnezis		
1-3 pm Pickleball - Open Play Gabe Wilamowski	4:30-5:15pm High Intensity Interval Training Malik Newcomb	3:30-4:30 pm Functional Mobility & Stretching Niki Muckenhirn NEW!	4:30-5:15pm High Intensity Interval Training Malik Newcomb	12-1 pm Spinning Alex Figueroa		
4-4:30 pm Peach Perfect Dannika Kehoe	4:30-5:30pm Athletic Reformer* Niki Muckenhirn NEW!	3:30-4:30pm Odd Objects 101 Chris Pearson	4:30-5:30pm CrossFit Class* Chris Pearson	1-3 pm Pickleball - Open Play Booie Williamson		
4:30-5:30pm CrossFit Class* Wesley Hill	4:30-5:30pm CrossFit Class* Alaina Savage	4:30-5:30pm CrossFit Class* Anthony Vorachak	5:30-6:30pm CrossFit Class* Chris Pearson	4-4:30 pm Peach Perfect Niki Muckenhirn		
4:30-5:30pm Mighty Movements Dannika Kehoe NEW!	5:30-6:30pm CrossFit Class* Alaina Savage	4:30-5:00pm 30-Minute Core Niki Muckenhirn	5:30-6:30pm Spinning Peter Sielicki	4:30-5:30pm CrossFit Class* Jake Adams		
5:30-6:30pm CrossFit Class* Wesley Hill	5:30-6:30pm Pilates Mat Niki Muckenhirn	5:30-6:30pm Vinyasa Yoga Roni Finkelstein NEW!	5:30-6:30pm Pilates Mat Niki Muckenhirn	4:30-5:30pm Full Body Conditioning Niki Muckenhirn		
5:30-6:30pm Aqua Circuits & Intervals Donna Schlosser	5:30-6:30pm Active Aging Malik Newcomb	5-5:30 pm Intro to Pilates Reformer Niki Muckenhirn	5:30-6:30pm BodyPump Emily Cleaveland	5:30-6:30pm Athletic Reformer* Niki Muckenhirn		
5:30-6:30pm Spinning Alex Figueroa	6-8 pm Rock Climbing Luxi Xia	5:30-6:30pm Pilates Reformer* Niki Muckenhirn	5:30-6:30pm Active Aging Malik Newcomb			
		5:30-6:30pm Aqua Fit Donna Schlosser				
		5:30-6:30pm BodyCombat Chetana Jayakrishna				
		5:30-6:30pm CrossFit Class* Anthony Vorachak	5:30-7:30pm Pickleball - Competitive Match Play* Gabe Wilamowski	5:30-8:00pm Rock Climbing Robert Di Sebastian	WED CONT	

JUNE '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.

