

GROUP EXERCISE LAND & WATER SCHEDULE

JANUARY 2ND - JANUARY 31ST 2023

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|--|--|---|
| | 6 am Bootcamp w/Brent Aerobic Room | 6 am Bootcamp w/Joanne Aerobic Room | 6 am Bootcamp w/Brent Aerobic Room | 6 am Bootcamp w/Joanne Aerobic Room | <i>9 am Senior Splash Lap Pool</i> | |
| | <i>9 am Senior Splash Lap Pool</i> | 6 am Spinning w/Terrell Spinning Room | <i>9 am Senior Splash Lap Pool</i> | 6 am Spinning w/Ennis Spinning Room | | |
| 9 am Spinning <i>1/8 Jaye 1/15 Brandi 1/22 Terrell 1/29 Cassie</i> | 9 am HIIT w/Joanne Aerobic Room | <i>9 am Water Workout Lap Pool</i> | 9 am Spinning w/Deb Spinning Room | <i>9 am Water Workout Lap Pool</i> | 9:30 am Chair Intensity w/Mandee Aerobic Room | 9 am Bootcamp w/Brent Aerobic Room |
| | <i>Time Change</i> 9:30 am Spinning w/Deb Spinning Room | 9:30 am Spin & Strength w/Mandee Aerobic Room | 10 am Beginner Bootcamp w/Dave Aerobic Room | 9:30 am Express Spin w/Mandee Spinning Room | | |
|  10 am Zumba Toning w/Anna Aerobic Room | 10 am Beginner Bootcamp w/Brett Aerobic Room | 10 am Tai Chi w/Marjie Comm. Room | 11 am Gentle Yoga w/Alysha Aerobic Room | 10 am TRX w/Brett Aux. Gym | 10 am Low Impact Spinning w/Dave Spinning Room | 9 am Spinning <i>1/7 Terrell 1/14 Bill 1/21 Mandee 1/28 Bill</i> |
| | 11 am Zumba Gold w/Erin Aerobic Room | 10 am TRX w/Dave Aux. Gym | 5:15 pm Zumba w/Anna Aerobic Room | 10:15 am Basic Yoga w/Mandee Aerobic Room | 11 am Gentle Yoga w/Alysha Aerobic Room | 10 am Pilates Fusion w/Anna Aerobic Room |
| | | 11 am Low Impact w/Dave Aux. Gym | | 11 am Low Impact w/Erin Aux. Gym | | |
|  | 5:15 pm Zumba w/Anna Aerobic Room | 5 pm Barre w/Brandi Aerobic Room | 5:30 pm Express Spin w/Bill Spinning Room | 5:45 pm Total Body Conditioning w/Lyn Aerobic Room | | |
| | 5:50 pm Spinning w/Bill Spinning Room | 5:45pm TRX Bootcamp w/Brett Aerobic Room | 6:05 pm Bootcamp w/Brett Aerobic Room | 6:45 pm All Level Yoga w/Joey Aerobic Room | | |
| | 6:45pm Body Works w/Bill Aerobic Room | 6:45 pm All level Yoga w/Kacy Aerobic Room | | | | |

Jan Pass \$20
Super Pass
\$140



- All classes are in person and subject to change.
- Descriptions located on the back.
- Use your Super Pass, Jan Pass or drop in and pay \$6.00.
- Please stop at the desk to pick up your slip.

New Year, New Goals!

CLASS DESCRIPTIONS:

All level Yoga: This flow class focuses on the fundamental yoga poses that make up a well-rounded yoga practice. Emphasis is placed on safe and effective alignment during poses and during the transitions between poses. Individuals new to yoga, and those who have been practicing for years will enjoy this all level class. *Open to Non-Members for a drop in fee of \$11.00.*

Barre Class: This is a demanding strength and toning workout that uses high repetition movements and weighted isometric contractions set to music to tone and sculpt your body. Beginners should not be intimidated, but you will experience soreness the next day!

Basic Yoga: Perfect for beginning yoga students as well as students of all-levels looking to refresh the central importance of the physical practice. This class will teach individuals the basic fundamentals of Vinyasa yoga. *Open to Non-Members for a drop in fee of \$11.00.*

Beginner Bootcamp: This class is ideal for those who are looking to break a sweat, tone the body, and burn some extra calories – without a lot of joint-jarring, high impact moves.

Body Works: It truly is a total body workout! This 45-minute, high repetition, light dumbbell workout will take you through a variety of exercises while moving to the beat of the music.

Bootcamp: This class offers a different workout routine that includes both strength and cardiovascular training.

Chair Intensity Interval: A fun and low impact workout. Class will begin utilizing the chair for lower body and cardio exercises. Follow this with a quick stretch. You will feel that booty burn in this class.

Express Spinning: A 30 minute high intensity interval style cycling class. This class is a great cardiovascular workout, incorporating hill climbs, sprints, and many other challenging drills and exercises. All fitness levels are welcome.

Gentle Yoga: A gentle style of yoga that is performed at a slower pace, with less intense positions and more breath work and relaxation. Chair included.

HIIT: High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times.

Low Impact Spinning: Designed as an introduction to spin; ideal for people of all levels, especially beginners. Our skillful instructor will guide you through smooth intervals.

Low Impact Workout: This class will safely and gently increase your flexibility and help tone muscles. Your everyday activities will become easier by improving coordination and agility. Stretching and toning enhances circulation, reduces stress, and benefits many types of arthritis.

Pilates Fusion: Incorporates exercises from different workout styles—including barre, yoga, strength training, cardio, and dance—to give a modern twist to Mat Pilates. Similar to Mat Pilates, this style has a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles.

Senior Splash: Low impact cardio to help your heart stay fit.

Spinning: A 45 minute high intensity interval style cycling class. This class is a great cardiovascular workout, incorporating hill climbs, sprints, and many other challenging drills and exercises. All fitness levels are welcome. Please bring a towel!

Spin & Strength: 30 minutes of spinning and 30 minutes of strength training. Stay for one or stay for both. Each class is 30 minutes long. (Class located in the aerobic room)

Tai Chi: Tai Chi is a meditative, slower form of martial arts that improves balance, memory and bone strength.

Total Body Conditioning: A strength class that targets muscle groups using bars and hand weights with bursts of cardio in between.

TRX: Is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Perfect for beginners.

TRX Bootcamp: The class takes the latest fitness methods and exercises and combine them for fast-paced classes that burn fat, build strength, and are sure to make you sweat! Cardio, strength, and mobility are implemented in the class.

Water Workout Combo: The best of both worlds, shallow water cardio and deep water toning.

ZUMBA®: A Latin Dance inspired aerobics class guaranteed to make you move, sweat and have fun.

ZUMBA Gold®: For active older adults that recreates the original moves you love at a lower-intensity.

ZUMBA Toning®: Combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.

Please arrive 5 minutes before class start time to set up any equipment needed. Instructors are available to guide and support all participants. It is recommended to bring a water bottles and towel to each class. Questions, contact Mande at kernm@riverwinds.org, or 856-251-0990 ext. 205.