

GROUP EXERCISE MAIN FLOOR

	MON	TUE	WED	THU	FRI	SAT
7:45						Bootcamp
8:00		Step 1	Cycling		Cycling	
9:00	Circuit Training	Core Strength	Iron Pump	Tabata	Step 2	
10:00				Beginner Group Strength		Zumba
10:30	Low 1		Low 1		Low 1	
11:30		Chair One		Chair One Starts 3/6		
4:30	Step 2 (45)					
5:00			Tabata Bootcamp			
6:30		Zumba				

STUDIO & MPR

	SUN	MON	TUE	WED	THU	FRI
7:30	Tabata Bootcamp					
8:00		TRX (45)	Functional TRX			
9:00					Walk Fit	Hatha Yoga (MPR)
9:15		Functional TRX (45)		Functional TRX (45)		Body Motion
10:15		Body Motion	ZUMBA (MPR)	Yin yoga (MPR)		
10:30						Functional TRX (45) (MPR)
11:00		Building Balance (MPR)				
11:15					Building Balance (MPR) Starts 3/13	
4:00	Chill Yoga (MPR)					
5:30		Bikes & Bells			TRX Yoga (MPR)	

AQUA FITNESS

	MON	TUE	WED	THU	FRI
8:15	Aqua Zumba			Aqua Zumba	
9:00		Aqua Fitness			
9:15	Aqua Fitness		Aqua Fitness	Glide Fit	Aqua Fitness
10:30	Aqua Fitness		Aqua Fitness		
5:00p	Aqua Fitness				

**Sign-up is required for Cycling, TRX, and Glidefit classes.*

**Yoga & Cycling Participants- Please arrive 10 mins. early when attending your first class.*



GUIDELINES FOR ALL RIVERSIDE CENTERS

- Close-toe shoes must be worn at all times. Black-soled shoes are not allowed on the group exercise floor.
- Children must be 13 to participate in group exercise classes unless noted with *** and 18 to participate in Cycling classes. Children ages 8-12 may use cardiovascular equipment, but a parent must be within arms reach of the child ren).
- Anyone with physical limitations or medical restrictions should consult their physician and notify the instructor before participating in any group exercise class.
- A consistent minimum of 5 participants is required to keep a class on the schedule.

ACSM GUIDELINES FOR ACHIEVING PHYSICAL FITNESS

- ACSM recommends cardiovascular exercise at least 3 - 5 times per week. Cross training with weights and/or group strength or aqua sculpt or any type of resistance training, is recommended at least twice a week.
- Exercise within your target heart rate zone for at least 20 minutes. Increase your workouts gradually, progress to the next class level or the next intensity level when your workout becomes too easy for you.
- Hydration is extremely important; drink plenty of water during your workout.

CLASS DESCRIPTIONS

AQUA FITNESS: Non-impact group exercise class taught in the shallow water. This class includes strength training and abdominal work. This class is for all fitness levels.

AQUA ZUMBA: A dance party in the water! A fusion of Latin and international music with easy-to-follow dance moves to create a dynamic low impact workout. Suitable for beginner and Zumba enthusiasts.

BIKES AND BELLS: Train your cardio system on the bike while riding hills, sprints, climbs ,and jumps. Strength train off the bike with barbells, dumbbells, kettlebells or sand bells. This class is designed for the motivated beginner or seasoned rider/lifter.

BODY MOTION: Participants regain or maintain muscular strength, flexibility, and joint mobility through slow movements. The majority of this class is taught in a chair. A chair can be used for this class if needed

BOOTCAMP: This is an intermediate to advanced level class. Bootcamp is timed interval training that includes heavy lifting, sprints, bodyweight exercises, tires and much more. Your cardiovascular endurance and strength will be challenged. This class is held indoors/outdoors.

BUILDING BALANCE: A specialized medically-based program for individuals with a history of stability issues or fall concerns. This class does move from standing to the floor if able.

CHAIR ONE: A musically driven, interactive full body workout taught in a chair

CHILL YOGA: A calming practice using supportive props to help you center and ground. This all-level class explores gentle stretches and body awareness that will leave you feeling eased, spacious, and free of tension. PLEASE BRING A MAT & BLANKET

CIRCUIT TRAINING: Total body strength and cardio conditioning class that includes dumbbells, Bosu, medicine balls and resistance bands

CORE STRENGTH: This class targets all core muscles through the utilization of BOSU, stability balls, Bender balls and Pilates rings.

BEGINNER GROUP STRENGTH: This class will teach the basics of strength and move slower than our Iron Pump class. Weights, discs, tubing and iron pump bars will be used. This class is for anyone looking to add more strength training to their workout and can be easily adapted for the more advanced participant.

CYCLING: An exciting indoor cycling training program that utilizes motivation, visualization, and the most thoroughly tested cycling and instructional techniques available. SIGN-UP REQUIRED

FUNCTIONAL TRX: Participants perform exercises using the TRX suspension trainer to develop muscular strength and functional fitness. Class moves at a slower pace than our other TRX class SIGN- UP REQUIRED

GLIDEFIT: Aquatic Based Stability Training (ABST) is a total body workout for all fitness levels. The floating fitness mat is similar to a standup board and challenges your balance, coordination, strength, and body awareness. SIGN-UP REQUIRED.

HATHA YOGA: Combines the practice and benefits of yoga into a class suitable for all fitness levels

IRON PUMP: A strength training program using iron grip bars and dumbbells. This class is suitable for all levels of fitness.

KETTLEBELL: Use of cast iron kettlebell to perform powerful movements to develop endurance, strength, and stability
LOW 1: Low impact class designed with the beginner in mind. Basic choreography to introduce you to group exercise. Class includes a strength, balance, and core component.

STEP 1: This class is designed for the beginner step participant with intermediate modifications demonstrated.

STEP 2: An intermediate level step class designed with more intricate and challenging combinations. This class is the next progression from step 1.

TABATA: This class consists of 8 rounds of high intensity exercises in a specific 20-seconds on and 10 seconds off interval. This class is high intensity and fast paced.

TRX: Suspension training is the ideal mix to train strength, endurance, balance, coordination, flexibility, power and core stability. This is an intermediate to advanced level class. All TRX classes are 45 minutes. SIGN-UP IS REQUIRED.

TRX YOGA This challenging yoga class offers the option of using the TRX straps for poses and helps you improve balance and coordination while increasing mobility.

WALK FIT A beginner class that incorporates low impact combinations with walking the track.. Includes strength and flexibility.

YINYASA This one-hour Yin yoga class combines the quiet, introspective cooling practice of Yin with the more heated, strengthening practice of Vinyasa. Yin poses are held for several minutes, allowing the body to soften and the mind to still.

ZUMBA® A fusion of Latin and international music with easy to follow dance themes to create a dynamic exciting low impact workout. This class is Kid Friendly.

GROUP EXERCISE SCHEDULE

Revised: 3/1/25



Facility Hours:

Monday - Friday: 5:30 am - 8:30 pm
Saturday - Sunday: 7:00 am - 5:30 pm