

GROUP EXERCISE MAIN FLOOR

	MON	TUE	WED	THU	FRI	SAT
6:00	Group Strength		Group Strength			
8:00	Senior Strength	Low Interval	Senior Strength	Senior Circuit	Senior Strength	
9:00				Step Interval		TBC
9:15	Circuit Express (45)	<i>Multi Step 2nd & 4th Tuesday</i>			Tabata (45)	
10:15	Group Strength (45)	<i>Chair Yoga</i>		Group Strength		
11:30	Maintaining Movement		Maintaining Movement	Building Balance Starts 3/13	Maintaining Movement	
5:00					Jam *	
5:30	TBC	Zumba *	Jam *	Group Strength		
6:30	Zumba *		<i>Bootcamp 3/5-4/9</i>			

GROUP EXERCISE STUDIO II

	MON	TUE	WED	THU	FRI	SAT
8:00					<i>Core Yoga</i>	
9:00		<i>Yoga Strength</i>		<i>Yoga All Levels</i>		<i>Yoga Strength (75)</i>
9:15			Barre			
10:15	<i>Yin Yoga</i>					
5:30	Barre *		<i>Hatha Yoga For all levels</i>			
6:00		<i>Restorative Yoga</i>				
6:45	Flow					

AQUA GROUP EXERCISE

	SUN	MON	TUE	WED	THU	FRI	SAT
8:00		Gentle Aqua		Gentle Aqua			
9:00		Aqua Fitness	Gentle Aqua	Aqua Fitness	Gentle Aqua	Aqua Fitness	
10:00			Aqua Fitness		Aqua Fitness		Deep Aqua
11:30				Aqua Fitness		Deep Tabata	
2:00	Aqua Strength						
2:30	Aqua Fitness						
5:30			Deep Aqua				
6:30					Aqua Fitness		

GROUP EXERCISE STUDIO 3 & 4

	MON	TUE	WED	THU	FRI	SAT
10:15		Cycling (45)	Cycling (45)		Cycling & Abs	
12:00		TRX				
5:30	<i>Hatha Yoga For All levels</i>	Cycling	TRX + (60)			
6:30		Kung Fu **		Kung Fu **	Kung Fu **	

**These classes are open to our members 8-12 years of age.*

*** There is a fee for these classes.*

**Cycling orientation is required before taking your first class. Please contact the front desk to sign-up for an orientation before one of our scheduled classes.*

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



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 sculpting and abdominal work. This class is for all fitness levels. 55 minutes.

AQUA STRENGTH: A strength training class designed for the water utilizing resistance tubing, water weights, and noodles. A great non-aerobic workout.

BARRE: This class combines barre work and light weights. Barre classes use a combination of postures inspired by ballet, yoga and Pilates. The barre is used as a prop to balance while performing exercises that focus on the entire body. This class is Kid Friendly.

BOOTCAMP: This class is for the intermediate to advanced level participant. Similar to our outdoor adventure, it includes all components of fitness with an emphasis on running. This class is taught outside when weather permits.

CIRCUIT EXPRESS: This 45-minute class is designed for any fitness level but will be fast-paced to include cardio and strength stations. All you have to do is show up, warm-up and get to work.

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

DEEP AQUA: An intermediate non-impact group exercise class taught in deep water using aqua jogger belts. 55 minutes

DEEP TABATA: This intermediate to advanced class consists of 8 rounds in a specific 20 second on and 10 second rest interval.

FLOW: A yoga, tai chi, and Pilates inspired class that helps flexibility, range of motion and increase core strength. Controlled breathing will help reduce your stress levels.

GROUP STRENGTH: A strength training program specifically designed for the group exercise participant. This class uses Power Cut Bars, resistance tubing, medicine balls, resist-a-balls, and hand weights. This class is designed for all fitness levels.

HATHA YOGA FOR ALL LEVELS: This class is based on the Integral Yoga Hatha style. Hatha is a traditional form of yoga that encompasses body postures, deep relaxation, and breathing techniques. Meditation is also included in this class.

JAM: A 55-minute workout set to the latest music and greatest dance moves. It's cardio fun for those with a passion for movement. This class is Kid Friendly.

LOW INTERVAL: Intermediate to impact group exercise class "crossed" with intervals of strength training. This class is a great addition to your cross-training workout

MAINTAINING MOVEMENT: This class is designed to help fight Parkinson's Disease with the use of exercise to include short burst of high intensity, circuit style moves

MULTI STEP: An intermediate to advanced level step class that involves using and "sharing" 4 benches. This class is quick-paced with advanced choreography.

RESTORATIVE YOGA: Feeling tight? This 60-minute practice will loosen and condition the entire body. Designed by a yoga therapist, this program targets shoulders, hips, and lower back while strengthening supportive muscles.

SENIOR STRENGTH: A beginner level class designed to concentrate on strength and stability. This class is great for *anyone* new to strength training. Class includes use of power cut bars, weights, resistance tubing, discs and Thera-balls.

STEP INTERVAL: An intermediate level class that incorporates intervals of step and strength training

TABATA & ABS: This class consists of 8 rounds of high intensity exercises in a specific 20-seconds on and 10 seconds off interval followed by 15 minutes of abdominal work. This class can push your body to the limit.

TOTAL BODY CONDITIONING(TBC): An intermediate to advanced level interval class that includes sports drills, running, ropes, and strength training to improve the main components of fitness in a single exercise session. Portions of this class may be taught outside, weather permitting.

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 +: This TRX class includes extensive stretching for the last 15 minutes.

YIN YOGA: A gentle practice in which poses are held for 3-5 minutes as a way to bring health to the deeper connective tissue of the body. This class helps decrease tension, calm the nervous system and lead to stronger and more supple joints.

YOGA ALL LEVELS: If you are a beginner looking for a little more of a challenge or experienced participant, this class is for you. This class offers sequences that introduce levels 1, 2, and 3 yoga postures

YOGA STRENGTH: This class is designed for all yoga levels with an emphasis on gaining strength through the use of Thera bands, bender balls, light weights and body weight movements.

YOGA CORE: This all-levels class emphasizes building core strength, stability and balance. Bender balls, bands, and light weights will be used to help participants feel grounded and firmly established in their own body.

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: 3/6/25

 **Riverside Health**
Wellness & Fitness Center Peninsula

Facility Hours:

Monday - Friday: 5:00 am - 9:00 pm
Saturday - Sunday: 7:00 am - 5:30 pm