

### GROUP EXERCISE MAIN FLOOR

	MON	TUE	WED	THU	FRI	SAT
6:00a	GROUP STRENGTH	TOTAL BODY COND.	LOW INTERVAL	GROUP STRENGTH		
7:30						LOW 2
8:00	SENIOR STRENGTH	LOW 1	SENIOR STRENGTH	LOW 1	SENIOR STRENGTH	
8:30						SUPER STEP (75)
9:00				OUTDOOR TOTAL BODY COND.		
9:15	TOTAL BODY COND.	STEP INTERVAL	STEP INTERVAL	STEP 2	TOTAL BODY COND.	
9:45						GROUP STRENGTH
10:15	LOW 2	GROUP STRENGTH	LOW INTERVAL	GROUP STRENGTH	LOW 2	
11:15	STEP 2					
11:30		FIT STEPS/ DIETCISE		FIT STEPS/ DIETCISE		
4:15p					BODYJAM	
4:30	STEP 2	TOTAL BODY COND.	STEP 2	TOTAL BODY COND.		
5:30	ADVANCED GROUP STRENGTH	BODY JAM	KICK BOXING	GROUP STRENGTH	FORZA	
6:30	ZUMBA	GROUP STRENGTH	ZUMBA	CIRCUIT TRAINING (90)		
7:30	CIRCUIT TRAINING (75)		ADULT IAIDO **			

### GROUP EXERCISE STUDIO II

	MON	TUE	WED	THU	FRI	SAT
8:30a	RESIST BALL 8:15					STEP 1
9:00	FIT OVER 50	SENIOR STRENGTH	FIT OVER 50	LOW INTRVL.	LOW INTRVL.	
9:30						ZUMBA
10:00	PILATES			ZUMBA		
10:15		ZUMBA	TURBOKICK			
11:15		PILATES				
4:30p	TAE KWON DO **		PILATES	TAE KWON DO (90)	STEP 2	
5:30	BALLE-TONE®	STEP INTERVAL	STEP INTERVAL			
6:30	CARDIO KRAZY	DYNA MOM**	OUTDOOR ADV. AT YORKTOWN BEACH	DYNAMOM Starts 6/3		
6:45			BODYJAM			
7:00						
7:30	ADULT KARATE**	DIETCISE/ LOW 1		DIETCISE/ LOW 1	ADULT JIU-JITSU**	

### GROUP EXERCISE STUDIO III

	MON	TUE	WED	THU	FRI	SAT
6:15a			SPIN®		SPIN®	
8:30						SPIN®
9:30	YOGA TONE Classroom A			YOGA TONE (90)		
10:00	SPIN®	SPIN® w/ABS	SPIN®		SPIN®	
11:15		SPIN® ORIENT				
12:15P	SPIN®		SPIN®			
4:15				ZUMBA		
5:30	SPIN® YOGA FOR EVERY BODY Classroom B		HATHA YOGA FOR EVERY BODY Classroom B	SPIN®		
6:00			SPIN®			
6:15		SPIN®				
7:00	YOGA FOR EVERYBODY Classroom B			YOGATONE (90)		
7:30		INTERGRAL HATHA YOGA				

### AQUA AEROBICS EXERCISE

	MON	TUE	WED	THU	FRI	SAT	SUN
7:15a						AQUA	AQUA
8:00		AQUA		AQUA			
9:00	AQUA	AQUA STRENGTH	AQUA	AQUA STRENGTH	AQUA		
10:00	DEEP AQUA	AQUA	DEEP AQUA	AQUA	AQUA		
10:00	AQUA ARTH.		AQUA ARTH.				
11:00	AQUA		AQUA		AQUA		
4:00p				DEEP AQUA (45)			
5:00							
5:30	DEEP AQUA		AQUA				
7:30		AQUA		AQUA			

- \* Dietcise members and alumni only.
- \*\* Special fees and registration may apply.

**Spinning® Orientation is required before attending your first Spinning class. If you are unable to attend the scheduled orientation, please call Lisa at ext. 311 to set up a more convenient time.**

**Sign-up is required for every Spinning® class.**

**Aqua Classes Are Open to Members with Pool Included in their Membership.**

**Water Weights, Resistance Equipment, and Deep Water belts are provided.**

## GUIDELINES FOR ALL RIVERSIDE CENTERS

- Shoes must be worn at all times. Black-soled shoes are not allowed on the group exercise floor.
- Children must be at least 13 to participate in group exercise 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.

## 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.
- Start working out at a moderate pace. Try not to do too much, too soon.
- Hydration is extremely important; drink plenty of water during your workout.

## RWFC GUIDELINES FOR NUTRITION

RWFC recommends balanced food intake using the Food Guide Pyramid. For specific help in calculations of protein, carbs, fat or other nutrient needs, call 875-7533 for an individual nutrition consultation or register for the DIETCISE or Sports Nutrition class.

## CLASS DESCRIPTIONS

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

**BALLETONE** "The Dancer's Workout for Every body." Energizing low impact class that incorporates 3 dance methods- ballet exercises. Pilates concepts, and stretching techniques

**BODYJAM™** A 55-minute workout set to the latest music and greatest dance moves. It's cardio fun for those with a passion for movement

**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, and is an excellent cross-training class.

**ADVANCED GROUP STRENGTH** A strength based workout with an emphasis on balance and core-stability. Emphasis is placed on functional exercise utilizing your own body weight. This class also incorporates the BOSU, Resist-a-ball, and Gliding Discs. This class is for all fitness levels.

**CIRCUIT TRAINING** This class offers a variety of sports drills and activities. Circuit training offers a complete cardio workout while involving all major muscle groups. If you are looking for a challenge, this is the class for you. Portions of this class may be taught outside, weather permitting

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

**FIT STEPS/DIETCISE** S-low impact aerobics that includes warm-up exercises, aerobic walking, s-low impact aerobics, strengthening and postural exercises, and relaxation through stretching. Pre and post exercise blood pressure monitoring is included. For beginning fitness level

**FORZA** A Samurai sword training class for the group fitness environment. A cardio workout that teaches precise striking movements that shape the upper and lower body and helps to calm the mind and spirit.

**HATHA YOGA FOR EVERYBODY** This class is suitable for all levels of fitness. This class will help refine the practice, and experience the many health benefits of yoga.

**INTEGRAL HATHA YOGA** This class integrates mind, body, and spirit through breathing (pranayama) postures (asanas) quality stretching, and meditation.

**KICK BOXING** An intense workout that includes punches, kicks, agility work, heavy bag, and jumping rope.

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

**LO IMPACT 1** Low impact class designed with the beginner in mind. Basic choreography to introduce you to group exercise.

**LO IMPACT 2 (CARDIO CRAZY)** Intermediate level group exercise class that includes 30-35 minutes of cardiovascular conditioning followed by abdominal work. This class is your next step from lo impact 1.

**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 body bars, weights, and resistance tubing.

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

**STEP 1** A beginner step class designed to introduce basic step patterns and form simple combinations. This low impact medium is a great addition to your cardiovascular routine.

**STEP 2** An intermediate level step class designed with creative & challenging combinations. This class is the next progression from step 1.

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

**SUPER STEP** An advanced level class incorporating power moves & challenging choreography designed to keep you moving. 40-45 minutes of step.

**TOTAL BODY CONDITIONING (TBC)** An intermediate to advanced level interval class that includes the step, sports drills, running, 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.

**TURBO KICK®** This popular class takes kickboxing to a new level. Pre-choreographed workout uses high energy kickboxing moves with great motivating music.

**YOGA TONE** Yoga Tone is an intermediate/advanced class that combines yoga with strength training, pilates, and tai chi. This class is ideal for the athlete looking to complement their current training program.

**ZUMBA®** A fusion of Latin and international music with easy to follow dance themes to create a dynamic exciting low impact workout.

# GROUP EXERCISE SCHEDULE

Revised 7/12/10



RIVERSIDE WELLNESS  
AND  
FITNESS CENTER