



Group Exercise Schedule

December 1, 2018 -
February 28, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am	Tabata Cristina		P90X Michelle			
7-8am	SilverSneakers Classic Sally	P90X Andrea	SilverSneakers Yoga Sally	Strength Circuit Andrea	P90X Andrea	
8-9am	SilverSneakers Yoga Sally	SilverSneakers Classic Tammy	SilverSneakers BOOM Sally	SilverSneakers Classic John	SilverSneakers Cardio John	P90X (8:15-9am) Michelle *NO childcare*
9-10am	Strength 101 Tammy	Tabata Tammy	Foam Roller Andrea	SilverSneakers Cardio Tammy	Pilates Tammy	Zumba Kim
10-11am	Foam Roller Cristina	Yoga Tammy	Pilates Maxine	Tabata Tammy	Strength 101 Tammy	
11a-12pm	Pilates Maxine	Cycle & Abs (11:15am start) Bruce		Yoga Tammy	Restorative Yoga Tammy	
12pm-12:45						Cycle & Abs (12:15pm start) Bruce
5:30-6:25	Total Fitness Cristina	P90X Andrea	Strength Circuit Andrea	Insanity Michelle	RIPPED Heidi	
6:30-7:25	Mixedfit Melissa	Foam Roller Cristina	Zumba Kristen	P90X LIVE Michelle		
7:30-8:25		Zumba Amber	PIYO-Liana starts Jan 9th	Yoga- Liana starts Jan 9th		

Holiday GE Class Schedule:
All GE classes are taught on holidays that the Recreation Center is open for regular hours. All classes are cancelled when the facility has shortened hours. Class schedule is available on our website at www.peoriaaz.gov/RioVista

Rio Vista reserves the right to cancel any classes at any time due to low attendance. Class descriptions on back.

RIO VISTA CANNOT GUARANTEE ANY SPECIFIC INSTRUCTOR OR CLASS FORMAT POSTED ON THE SCHEDULE

Rio Vista Recreation Center Group Exercise Class Descriptions

Cardio & Core – A mix of cardio aerobics and strength training focused on core muscles.

Cycle & Abs – 45-minutes on the bike and a strong finish of core exercises.

Foam Roller – a luxurious full-body stretch and myofascial release using a foam roller!

HIT MashUp – High Intensity strength and cardio training mashed together!

Insanity – Maximum interval training! Lots of effort, minimal rest!

Mixedfit – “A people-inspired fitness program that incorporates explosive movements and Bootcamp toning.”

P90X – An intense body workout with high-intensity cardio and resistance training.

Pilates Basics – A class geared towards teaching you the basic principles of Pilates. Pilates involves a series of controlled movements to strengthen and lengthen muscles with a focus on body alignment and breathing.

PIYO-combines muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga.

Restorative Yoga – A gentle practice consisting of passive seated postures with long holds and conscious breathing focusing on the deep layers of the body, connective tissue and joints – a blend of release and relaxation.

R.I.P.P.E.D. – Resistance, Interval, Power, Plyometrics, Endurance, Diet – the name says it all...

SilverSneakers® BOOM – Two 30-minute workouts that can be a combination of two formats: BOOM Move It, BOOM Muscle, BOOM Mind, which focus on cardio, strength and flexibility.

SilverSneakers® Cardio – “Get Up & Go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, upper-body strength, abdominal conditioning, and stretching and relaxation exercises designed to energize your active lifestyle.”

SilverSneakers® Classic – “Have fun and move to the music through a variety of exercises designed to increase muscular strength, range-of-motion, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance; a chair is available, if needed, for seated or standing support.”

SilverSneakers® Yoga – “SS Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range-of-motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.”

Strength Circuit – is body conditioning, strength building and endurance using weights, bars and resistance bands. Each circuit is done with a cycle (sets) of prescribed exercises for each body area being targeted during the workout.

Yoga – A beginner class to introduce you to the basic Yoga postures or *asanas*. Yoga is used to develop mind-body connections, reduce tension, and stretch and strengthen muscles.

Tabata – A high intensity workout to whip you into shape – 20-seconds of work, 10-seconds of rest!

Zumba – A Latin-beat aerobics dance class to burn calories while having fun!