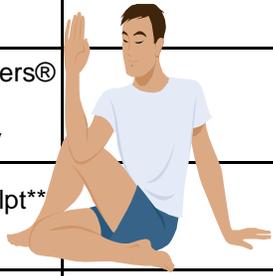
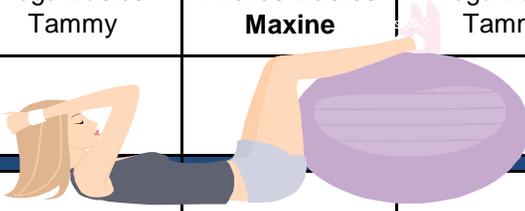


# Group Exercise Schedule November 1 - December 31



**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](http://www.peoriaaz.gov/RioVista)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:25am	SilverSneakers® Classic Sally	SilverSneakers® Cardio John	SilverSneakers® Yoga Sally	Tai Chi Mirella	SilverSneakers® Cardio John	
8:30-9:25	SilverSneakers® Yoga Sally	SilverSneakers® Cardio Tammy	SilverSneakers® Classic Sally	SilverSneakers® Cardio Tammy	SilverSneakers® Classic Tammy	
8:30-9:25 Dance Studio	30/30 Rebekah	Pilates Mix Pam	Hi/Low Aerobics Natalie	Cycle & Abs* Pam	Step & Sculpt** Natalie	
9:00-9:55	x	x	x	x	x	Zumba® Valli
9:30-10:25	Step Mix Pam	Tabata Tammy	<b>Cardio Bootcamp Pam</b>	Tabata Tammy	Pilates Basics Tammy	9am - Cycle Fit* (Dance Studio) Brian
10:00-10:55	x	x	x	x	x	Core Strength Brian
10:30-11:25	Pilates Basics Maxine	Yoga Basics Tammy	<b>Pilates Basics Maxine</b>	Yoga Basics Tammy	Strength 101 Tammy	 <b>BOLD FONTS INDICATE CHANGES</b>
10:30-11:25						
5:30-6:25pm	Cycle Fit* (Dance Studio) Jeff	x	x	x	x	
5:30-6:25	Cardio Kickbox Donovan	<b>Fitness 1-2-3 Mary Ann</b>	Cardio Sculpt Marie	Zumba® Terri	x	
6:30-7:25	Step & Abs Natalie	Zumba® Valli	Zumba® Kristen	Yoga Natalie	x	
7:00-7:55	x	x	x	Cycle & Abs* (Dance Studio) Brian	Bootcamp Brian	
7:30-8:25	Yoga Basics Natalie	x	Pilates Basics Maxine	x	x	

**\*CYCLE FIT CLASSES - DUE TO LIMITED SPACE, YOU MUST SIGN UP WITH THE FITNESS STAFF NO MORE THAN 30 MINUTES BEFORE CLASS - NO RESERVING BIKES FOR OTHERS.**  
**\*\*Due to space constraints, this class requires a sign up beginning 30 minutes before class - 15 maximum.**

## **Rio Vista Recreation Center Group Exercise Class Descriptions**

**30/30** – 60-minutes split into a strength and cardio workout.

**Cardio Bootcamp** – Mixing up the bootcamp with some cardio-focused components!

**Cardio Kickbox** – A high energy workout for the whole body!

**Cardio Sculpt** – A blend of cardiovascular exercise, strength training and core exercises.

**Core Strength** – Core, core, and more core exercises!

**Cycle Fit** – An indoor cycling class on specialized stationary bikes – a great workout for all levels of fitness!

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

**Bootcamp Basics** – A round-robin of timed cardio and strength stations without the fluff!

**Fitness 1-2-3** – A blend of strength, balance, coordination and agility work for life-long fitness.

**Hi/Low Aerobics** – A mix of higher and lower intensity aerobics – back to some “old school” exercise!

**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.

**Pilates Mix** – A mix of Pilates and cardio to keep it fresh!

**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.”

**Step Mix** – Step like you like it with variety – sometimes double-steps!

**Step & Abs** – Step class that finishes with a good core workout!

**Step & Sculpt** – Step class with some good old-fashioned strength work!

**Yoga Basics** – 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!

**Tai Chi** – A Chinese martial art that focuses on balance, movement and breathing to quiet the mind and body.

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