



Group Exercise Schedule

December 1 -
February 28, 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6-7am		SilverSneakers Cardio John			Sunrise Yoga Samantha		
7-8am	SilverSneakers Classic Sally	Country Heat Crista	SilverSneakers Yoga Sally	SilverSneakers BOOM Carolyn	Cardio Sculpt Sharlyn		
8-9am	SilverSneakers Yoga Sally	SilverSneakers Classic Tammy	SilverSneakers BOOM Sally	Strength 101 Michelle R	SilverSneakers Cardio John		
9-10am	Strength 101 Tammy	Tabata Tammy	Zumba Cyndi	SilverSneakers Cardio Tammy	Pilates Tammy	Zumba Valli	
10-11am	Cardio & Core Natalie	Yoga Tammy	Pilates Maxine	Tabata Tammy	SilverSneakers Classic Tammy	Yoga Flow Samantha	
11a-12pm	Pilates Maxine	Cycle & Abs (11:15am start) Pam	Cardio Sculpt Natalie	Yoga Tammy	Strength 101 Tammy		
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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	5:30-6:25	Body Sculpt Marie	Zumba Cyndi	Strength 101 Michelle R	Country Heat Crista	R.I.P.P.E.D. 6-7pm Jana	
	6:30-7:25	Zumba Michelle H	P90X Crista	Zumba Kristen	Yoga Flow Samantha	x	
	7:30-8:25	Yoga Basics Samantha	Country Heat Crista	Pilates Basics Maxine	Restorative Yoga Samantha	Cycle Circuit (7:15-8:45pm) Brian	

***CYCLE & ABS CLASS - DUE TO LIMITED SPACE, YOU MUST SIGN UP WITH THE FITNESS STAFF NO MORE THAN 30 MINUTES BEFORE CLASS - NO RESERVING BIKES FOR OTHERS.**

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

Rio Vista Recreation Center Group Exercise Class Descriptions

Body Sculpt – Lower weights, more reps for long, lean muscles.

Cardio Sculpt – A mix of cardio aerobics and strength training.

Country Heat – Line dance-inspired moves set to chart-topping country music!

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

Cycle Circuit – a 90-minute class blending cycling and circuit training.

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.

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. – **R**esistance, **I**nterval, **P**ower, **P**lyometrics, **E**ndurance, **D**iet – 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 101 – Strength exercises in a variety of ways!

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.

Yoga Flow – A basic class with modifications to challenge those who want a little more.

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!