

City of Peoria

Rio Vista  
Recreation Center

# Group Exercise Schedule September 1 - October 31 2012



## Holiday GE Class Schedule:

All GE classes are taught on holidays that the Recreation Center is open for regular hours. All classes are cancelled for the day when the facility has shortened hours.

Class schedule available on line at:  
[www.peoriaaz.gov/RioVista](http://www.peoriaaz.gov/RioVista)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:25am		SilverSneakers® Cardio Circuit Sharlyn			SilverSneakers® Cardio Fit John	
8:30-9:25am	SilverSneakers® YogaStretch Sally	SilverSneakers® Cardio Fit Tammy	SilverSneakers® MS & ROM Sally	SilverSneakers® Cardio Fit Tammy	SilverSneakers® MS & ROM Tammy	
9:00-9:55						Pilates Basics Tammy
9:30-10:25	Step Basics Tammy	Strength 101 Tammy	Aerobics & Ball Sally	Cardio Sculpt Tammy	Pilates Basics Tammy	x
10:00-10:55						Cardio Sculpt Tammy
10:30-11:25	Pilates Basics Maxine	Yoga Basics Tammy	Pilates Basics Maxine	Yoga Basics Tammy	Strength 101 Tammy	10am - Cycle Fit* (Dance Studio) Holly/Erik
5:00-5:25pm		Absolute Power Amy		Absolute Power Drew		
5:30-6:25	Cycle Fit* (Dance Studio) Holly/Drew	x	Cycle Fit* (Dance Studio) Amy	x	x	
5:30-6:25	Cardio Kickbox Donovan	Strength 101 Pam	Step & Sculpt Marie	Cardio Jam Jill S	Bootcamp Basics Amy	
6:30-7:25	Core Strength Drew	Cardio Kickbox Amy	<b>SIC-fee</b>	Yoga Basics Jill S	x	
6:30-7:25	x	x	x	Cycle Fit* (Dance Studio) Drew	x	
7:30-8:25	Yoga Basics Ranae	<b>SIC-fee</b>	Pilates Basics Maxine	<b>SIC-fee</b>	<b>SIC-fee</b>	
7:30-8:25	Cycle Fit* (Dance Studio) Amy	x	x	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**

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

**SIC-fee** : Special Interest Class for pre-registered, paid participants only

Watch for NEW classes coming in November!!!

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

***Absolute Power*** – A 30-minute body-blastin’ workout that changes from class to class!

***Aerobics & Ball*** – A combo of aerobic activity and body work on the big resistance balls.

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

***Cardio Jam*** – A mash of music and dance styles to move and groove to!

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

***Core Strength*** – 60-minutes focused strictly on core muscles – abs and back.

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

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

***H.I.T.*** – High Intensity Training – the name says it all!

***Pilates Basics*** – A fitness 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.

***SilverSneakers® CardioCircuit*** – A SilverSneakers® class that alternates between aerobic activity and muscular strength training throughout the class.

***SilverSneakers® CardioFit*** – A SilverSneakers® format to get you on your feet and moving! An aerobic exercise class geared towards lower intensity.

***SilverSneakers® MS & ROM*** – The signature class of SilverSneakers® concentrating on muscular strength and range-of-motion for the joints.

***SilverSneakers® YogaStretch*** – A new SilverSneakers® format geared towards stretching and strengthening using yoga techniques with a chair for support.

***Step Basics*** – A tried and true exercise program staple! Basic Step moves that everyone can follow with guidance to your skill and fitness level.

***Step & Sculpt*** – Step moves interspersed with some strength training for a complete workout!

***Strength 101*** – A class dedicated to strength development for all levels.

***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.