

Group Exercise Schedule June 1 - Aug 31 2010



Class schedule
 available on line at:
www.peoriaaz.gov/RioVista

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---------------------------------------|---|--|--|--------------------------------------|-------------------------|
| 8:30-9:30am | | SilverSneakers® Cardio Fit Tammy | SilverSneakers® MS & ROM Sally | SilverSneakers® Cardio Fit Tammy | SilverSneakers® MS & ROM Tammy | |
| 9:00-10:00 | | | | | | Pilates Basics Tammy |
| 9:30-10:30 | Step Basics Tammy | Strength 101 Tammy | Aerobics & Ball Sally | Cardio Sculpt Tammy | Pilates Basics Tammy | |
| 10:00-11:00 | | | | | | Cardio Sculpt Tammy |
| 10:30-11:30 | Pilates Basics Maxine | Yoga Basics Tammy | Pilates Basics Maxine | Yoga Basics Tammy | | |
| 1:00-2:00pm | | H.I.T. Brian | | Cycle Fit* Erik | | |
| | | | | | | |
| 5:30-6:30pm | Core Strength Brian | Cardio Kickbox Donovan (ends @ 6:20) | Step & Sculpt Tammy | 20/20/20 Natalie/Jill | Bootcamp Basics Brian | |
| 6:30-7:30 | Cardio Kickbox Natalie | Bootcamp Basics Pam C | SIC-fee | Yoga Basics Natalie/Jill | | |
| 6:30-7:30 | | | Cycle Fit* (Dance Studio) Brian/Erik | | | |
| 7:30-8:30 | Yoga Basics Nimet | SIC-fee | Pilates Basics Maxine | SIC-fee | SIC-fee | |
| 7:30-8:30 | Cycle Fit* (Dance Studio) Brian | *CYCLE FIT CLASSES - DUE TO LIMITED SPACE, YOU MUST SIGN UP WITH THE FITNESS STAFF NO MORE THAN 30 MINUTES BEFORE CLASS - NO RESERVING FOR OTHERS | | | | |

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



FREE exercise classes
 for ages 8-12,
 pre-registration and orientation
 required.

Off The Couch (O.T.C.) Kids' Club

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|
| Jump Rope Clinic (Gym) 4:00-5:00pm | Kids' Club Yoga - kids only (Dance Studio) 5:30-6:30pm | Kids' Club Circuit Training (Dance Studio) 5:30-6:30pm | Kids' Club Jammin' in the Gym (Gym) 5:00-6:00pm | Kids' Club "Meet at the Rock" (Climbing Wall) 5:00-6:30pm | Parent/Kid Yoga (AerobicsRm) 5yrs & older 11-12:00pm |

O.T.C. Kids' Club MANDATORY Orientations: Wednesdays @ 7:00PM or Sundays @ 2:00pm - Register at Front Desk.

Rio Vista Recreation Center Group Exercise Class Descriptions

20/20/20 – A three way split of cardio, strength and stretching – a little bit of everything!

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 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) – One hour focused on plyometric drills, calisthenics and intensity!

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® CardioFit – A new 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.

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.

Off The Couch (O.T.C.) Kids' Club

Jump Rope Clinic – Learn the basic skills towards competitive jump rope!

Kids' Yoga – Yoga postures tailored for kids.

Kids' Circuit Training – Stations designed to increase strength, balance and body awareness.

Jammin' in the Gym – A variety of sports-themed exercise activities.

“Meet At The Rock” – Climbing wall activities.