

Cardio Classes

Cycle HIIT: Cycle HIIT combines our indoor cycling class with short, high-intensity intervals off the bike

Cycling: Cycling is a no-impact cardio workout featuring our LeMond indoor bicycles. Class is appropriate for participants of all ages, goals, and fitness levels.

Rowbics: A 60-minute, intermediate-level rowing class. Participants push aerobically and strengthen nearly all the body's muscles. Rowbic Basics offered on Wednesday for beginners.

Metabolic Conditioning: Total body compound movements, sprints, and short recovery intervals will push you to your limit in this 45-minute class.

Zumba: The Latin inspired, easy to follow, calorie-burning, dance fitness party. Feel the music and let loose!

Run Strong: This challenging 45-minute Fitness Center workout incorporates treadmill (or elliptical) intervals and strength intervals.

HIIT It: High-impact exercises with periods of strength training and recovery burns calories and builds lean muscle at the same time.

Cycle & Strength: Ride for 30–45 minutes, then strengthen your upper and lower body for 15–20 minutes. Both cardio & strength in one.

Cycle Sculpt: Half cardio on the bike and half off the bike using weights or body resistance. You're sure to get your heart and muscles pumped!

Strength Classes

Weekend Warrior: Not for the faint of heart, Weekend Warrior is a 60-minute, sweat-inducing full body workout

Muscle Madness: Total body, non-aerobic class designed to improve muscular strength and endurance using body bars, dumbbells, stability balls, resistance tubes and more!

Total Body Blast: This is a 30-minute total body workout. A mix of circuit training and HIIT class will leave you feeling great!

TRX: TRX is a type of suspension training that helps to develop strength, balance, flexibility and core stability simultaneously.

Circuit Strong: This 30-minute strength class will have you sweating as you move from one exercise to the next without rest.

Barre: A 60 minute low-impact class inspired by ballet, yoga, and Pilates- focused on high reps for smaller muscle groups to improve strength and posture. All ages and levels.

Core & More: 30-min class working on core and flexibility

Active Aging Classes

50/60 Something: Participants workout at their own pace & fitness level. Emphasis on balance, muscular strength, flexibility and core strengthening.

Senior Fitness: A fun, total-body, cardio, and strength workout class geared for those 70+.

Mind-Body Classes

Vinyasa Yoga: A challenging and flowing form of Yoga that heals, detoxifies, and awakens body, mind, and breath.

Yoga Mix Level: A physical class designed on principles of alignment, play, and focus. Discover greater vitality, strength, and peace.

Warm Yoga: Room is heated to about 90 degrees. Participants flow into and dwell in poses, enjoying discovery in the muscle.

Mind-Body Classes (cont..)

Relax, Restore Yoga: Meditation in motion, 60-minute class focusing on the breath with movement, allowing your body to move with ease

Pilates: Pilates is a mat-based technique for developing the musculature and body awareness you need to support the spine.

Pilates Barre: Expect to sweat in this 40-min class designed to sculpt and tone your entire body while focusing on length and alignment of the spine.

Pilates 1/2: Mat based Pilates technique incorporating movements from Mat 1 and Mat2

Yoga Basics: Learn the essential alignment, vocabulary, and breathing techniques of Hatha Yoga in a supportive environment.

Yoga Fitness: A Vinyasa inspired class with an emphasis on strengthening. Safely stretch, build endurance & re-balance the body.

Aquatics Classes

Swimnastics: Takes the pressure off the bones, joints, and muscles with a low-impact water aerobic class. Non-swimmers welcome!

H2O HIIT: A water-based High Intensity Interval Workout increasing stamina, strength training, muscular endurance, tone and flexibility.

Stroke Makers: Individualized and group lap workouts with a focus on stroke efficiency and development as well as conditioning and endurance swim training.

BOQUA: Moderate to high-intensity, a 60-minute water workout utilizing boxing and sports skills.

Deep Impact: A deep water class combining aerobic conditioning and strength training, muscular

Riviera

Group Fitness Schedule



Riviera Club
5640 North Illinois Street
Indianapolis, IN 46208
wwwRIVI.org

Studio Etiquette

- Please arrive on time to ensure proper warm up and to be respectful to others in class
- Inform instructor of health conditions that made need special attention or fitness modifications.
- Refrain from wearing strong scents.
- If you need to leave early please inform instructor at the beginning of class

If you need assistance selecting a class appropriate for your fitness level please see:

Kaci Lierman
Group Fitness Manager
GroupFitness@Rivi.org

Locations

- S: Fitness Studio B
- P: Pool
- BR: Ballroom
- SD: Small Dining Room
- O: Outdoor Rec Courts
- NT: North Tennis Courts
- RB: Rec Building

Group Fitness Fees

- Member: Included with Membership
- Nonmember: \$10 per class
- Nonmember: Senior Fitness, 50/60, Kid's Yoga or Zumba \$5

Prices and instructors subject to change.
 Last updated on 1/1/19

**Like us on Facebook to
 get Group Ex updates!**



Monday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|--------------|------------------|-------------------|---------------|
| 6:00-6:45a | Cycle HIIT | Ben | S |
| 6:00-6:45a | Vinyasa Yoga | Caroline | ML |
| 8:30-9:30a | Rowbics | Rot. | S |
| 9:00-10:00a | Swimnastics | Therese | P |
| 9:45-10:30 | Metabolic Con. | Kaci | RB |
| 11:00-12:00p | 50/60 Something | Jim | BR |
| 12:30-1:30p | H2O HIIT | Chris | P |
| 4:30-5:00p | Total Body Blast | Kaci | S |
| 6:00-7:00p | Cycle Sculpt | Elizabeth | S |
| 6:00-7:00p | Swimnastics | Sandy | P |
| 7:00-8:15p | Yoga Mix Level | Heidi | SD |

Tuesday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|-------------|----------------|-------------------|---------------|
| 5:30-6:30a | Stroke Makers | Sandy | P |
| 5:45-6:30a | HIIT It | Maggie | S |
| 8:30-9:15a | TRX | Maggie | S |
| 9:00-10:00a | BOQUA | Tom | P |
| 9:45-10:45a | Warm Yoga | Lori | S |
| 11:30-12:30 | Pilates | Anne | S |
| 1:00-2:00p | Senior Fitness | Susan | SD |
| 4:30-5:10p | Pilates Barre | Michele | SD |
| 4:30-5:10p | Kids Yoga | Shelia | S |
| 6:00-7:00p | Swimnastics | Sandy | P |
| 6:00-7:00p | Zumba | Barb | S |
| 7:00-8:00p | Deep Impact | Therese | P |

Wednesday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|--------------|------------------|-------------------|---------------|
| 6:00-6:45a | Cycling | Ben | S |
| 8:30-9:30a | Rowbics:Basics | Shawn | S |
| 9:00-10:00a | Deep Impact | Therese | P |
| 9:45-10:45a | Cycling | Lynn | S |
| 11:00-12:00p | Pilates 1/2 | Alyssa | S |
| 11:00-12:00p | 50/60 Something | Jim | BR |
| 12:30-1:30p | H2O HIIT | Chris | P |
| 4:30-5:00 p | Total Body Blast | Kaci | S |
| 5:00-5:30p | Core & More | Kaci | S |
| 5:30-6:45p | Yoga Mix Level | Heidi | SD |
| 6:00-7:00p | Cycle & Strength | Lynn | S |
| 7:00p-8:15p | Yoga Basics | Heidi | SD |

Thursday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|-------------|----------------|-------------------|---------------|
| 5:30-6:30a | Stroke Makers | Sandy | P |
| 5:45-6:30a | TRX | Kaci | S |
| 8:15-9:00a | Muscle Madness | Lindsay | S |
| 9:45-10:45a | TRX | Maggie | S |
| 11:30-12:30 | Pilates | Anne | S |
| 11:45-12:45 | Warm Yoga | Lori | SD |
| 5:15-5:45p | Circuit Strong | Masie | S |
| 6:00-7:00p | Swimnastics | Sandy | P |
| 6:00-7:00p | Barre | Lindsay | S |

Friday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|--------------|-----------------|-------------------|---------------|
| 5:45-6:30a | HIIT It | Ben | S |
| 6:00a-6:45a | Vinyasa Yoga | Lori | SD |
| 8:30-9:30a | Rowbics | Rot. | S |
| 9:00-10:00a | Swimnastics | Therese | P |
| 9:45-10:30a | Metabolic Con. | Kaci | RB |
| 9:45-10:45a | Yoga | Delaney | S |
| 11:00-12:00p | 50/60 Something | Susan | BR |

Saturday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|-------------|-----------------|-------------------|---------------|
| 7:00-8:00a | Weekend Warrior | Rot. | S |
| 8:15-9:15 | Zumba | Barb | S |
| 9:30-10:30a | Yoga Fitness | Fran | S |

Sunday

| <u>Time</u> | <u>Class</u> | <u>Instructor</u> | <u>Studio</u> |
|-------------|----------------|-------------------|---------------|
| 3:45-4:45p | Relax, Restore | Rot. | S |

Kid's Zone Hours

- 8:00a-1:00p Monday-Friday
- 4:00-7:00p Monday-Thursday
- Members:** First hour is FREE.
- \$2 every 15 minutes over
- Nonmember:** \$12 per hour