

Cardio Classes

Pedal, Power, Restore: Start your day off right with this 60 minute total body workout. 20 minutes each: cycle, strength and restore yoga to leave you feeling great!

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. *Bring your kids on Friday classes!*

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

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

Complete Mix: Strength training and cardio movements all mixed into one class.

Strength Classes (cont..)

Weekend Warrior: Not for the faint of heart, Weekend Warrior is a 60-minute, sweat-inducing total 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.

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
www.RIVI.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.
- Please be respectful to others in class and keep conversation to a minimum.
- 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
 Cardio Tennis \$5
 Nonmember: \$10 per class
 Cardio Tennis \$10
 Nonmember: Senior Fitness, 50/60, Kid's Yoga or Zumba \$5

Prices and instructors subject to change.

Last updated on 5/23/19

Monday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Studio</u>
5:45-6:45a	Pedal, Power, Restore	Eliza	S
6:00-6:45a	Vinyasa Yoga	Caroline	SD
8:30-9:30a	Rowbics	Janet	S
9:30-10:30a	Swimnastics	Therese	P
9:30-10:30a	Cardio Tennis**	Ben	NT
9:45-10:30	Metabolic Con.	Kaci	O
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	Eliza	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	Masie	S
8:45-9:30a	TRX	Danielle	S
9:30-10:30a	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	(6.25 start)Yoga Fitness	Shelia	S
6:00-7:00p	Swimnastics	Sandy	P
6:00-7:00p	Zumba	Barb	S
7:00-8:00p	Deep Impact	Therese	P

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 Group Ex updates!
 Instagram @RiviFit**

Wednesday

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Studio</u>
6:00-6:45a	Cycling	Eliza	S
8:00-9:00a	Rowbics:Basics	Shawn	S
9:30-10:30a	Deep Impact	Therese	P
9:30-10:30a	Cardio Tennis**	Ben	NT
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
5:30-6:45p	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
9:30-10:30a	Swimnastics	Sally	P
9:45-10:45a	TRX	Danielle	S
11:30-12:30	Pilates	Anne	S
11:45-12:45	Warm Yoga	Lori	SD
5:15-5:45p	Circuit Strong	Masie	S
5:30-6:30p	Cardio Tennis**	Pat	NT
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	Lynn	S
6:00a-6:45a	Vinyasa Yoga	Lori	SD
8:30-9:30a	Rowbics	Eric	S
9:30-10:30a	Swimnastics	Therese	P
9:45-10:30a	Metabolic Con*	Kaci	O
9:45-10:45a	Yoga	Delaney	S
10:50-11:35a	Complete Mix	Maggie	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
8:00-9:00a	Cardio Tennis**	Matt	NT
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>
9:30-10:30a	Relax, Restore	Rot.	SD

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