



RIVERSIDE GROUP EXERCISE STUDIO CLASS SCHEDULE FEBRUARY 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	DANIELLE P.	JULIE	DANIELLE P.		LIZ		
7:45 AM	DEEANNE	(7:30 AM) Circuit STEVEN	Classic DEEANNE	(7:30 AM) Circuit KATHY	Yoga JANE	EILEEN	(8:15 AM) EILEEN
9:00 AM	ANJA	CHERI	(9:00-10:15AM) ANJA	ANN & KATIE	ANJA	(8:45 AM) EILEEN	(9:50 AM) Salsa JESSICA
10:00 AM	ANJA	ANJA	(10:30 AM) Tai Chi TOM	ANN & KATIE	RICKEY	(9:15 AM) ANJA	
10:40 AM	Tai Chi TOM	Classic SHIRLEY	(11:30 AM) Advanced Tai Chi TOM	Classic STEVEN	Tai Chi TOM	(10:30 AM) DANIELLE P.	(11:00 AM) FALON
12:00 PM	(12:30 PM) Hatha Yoga CHRIS M.	ELIZABETH	(12:30 PM) Hatha Yoga NAJA	JEN	Yin Yang Yoga ELIZABETH	(11:40 AM) FitKids 3-5 SYLVIA/ELENA	MEAGHAN
1:00 PM						(12:15 PM) FitKids 6-11 SYLVIA/ELENA	
4:00 PM	MICHELLE Z.						
4:30 PM	LAWRENCE & MICHELLE Z.	MICHELLE Z.	MARIN	CHERI			
5:40 PM	FALON	Salsa ELENA	RICKEY	JAY and SONYA	MARIN		
6:45 PM	(6:15 PM) FALON	LEAH	MARGEAUX	DALIA			
7:40 PM		ANJA					

- Members are required to sign-up for all classes.
- **BodyPump** participants must be present at class start time. No exceptions.
- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.
- For safety purposes, classes are closed 10 minutes after their scheduled start time.

6210 Riverside Plaza Ln NW, Albuquerque, NM 87120, (505) 899-0086. Please download our APP for current class times.

CLASS DESCRIPTIONS

B = Beginner; I = Intermediate; A = Advanced; S = Senior

BodyCombat: is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. **BIA**

BodyAttack: is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor! Like all the LES Mills programs, a new BodyAttack class is released every three months with new music and choreography. **IA**

BodyFlow™: The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered. **BIA**

BodyJam: Lose yourself in this dance-inspired cardio workout to the latest dance styles and the hottest new sounds. **BIA**

BodyPump: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast! **BIA**

BodyStep: Using a height adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle-conditioning tracks that shape and tone your entire body. **BIA**

CXWORX: Les Mills CXWORX is a 30 minute class based on rigorous scientific research that provides core strength by targeting all muscle groups from your core. With dynamic training that hones in on your abs, glutes, back, obliques and “muscular slings” connecting the upper and lower body, this workout will leave you looking good and feeling strong. **BIA**

FitKids (3-5): A 30 minute class for kids ages 3 – 5. Activities such as climbing over, under, in and out, jumping, catching, crawling, running, hopping, skipping, and etc., will be incorporated in this class.

FitKids (6 – 11): A 45 minutes class for kids ages 6 – 11. Activities will include simple dance movements, simple drills such as jumping rope, running in place, jumping jacks, and etc.

Hatha Yoga: Poses are set in a flowing sequence. Slow paced and gentle. Great introduction to basic yoga poses. **BIAS**

Salsa: A low impact aerobic workout centered around Latin dance movements. **BIA**

SilverSneakers™ Classic: Muscular strength and range of movement designed to increase strength, range of movement, agility, balance and coordination. **BS**

SilverSneakers™ Circuit: Cardio circuit. A great compliment to the SS MSROM class. Incorporates a great cardio workout with limited use of the chair. **BS**

SilverSneakers™ Yoga: Designed to challenge you physically and mentally with simple/safe yoga exercises using a chair for support to increase flexibility. **BS**

Surge: Feel your workout surge when you combine cycling and group fitness! You'll spend half your time cycling and the other half in the group fitness studio for the ultimate workout. Please bring athletic shoes for the group fitness portion of class.

Tai Chi: An ancient martial art focusing on relaxation and proper breathing techniques. Emphasis is on coordination, balance and mental concentration. **BIAS**

Advanced Tai Chi: Development of Yang style short and long form for advanced students. **A**

Vinyasa Yoga: Synchronized movement focusing on balance, strength and flexibility. **BIA**

Yin Yang Yoga: This class will incorporate the powerful flow of a Vinyasa style class (yang) mixed with the yin of gentle movements and static poses, a beautiful blend of strength and peaceful calm. **BIA**

Zumba: Latin inspired moves and dance themes come together to create a dynamic, fun class. **IA**