



RIVERSIDE YOUNG AT HEART CLASS SCHEDULE FEBRUARY 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 AM	 CLASSIC DEEANNE	(7:30 a.m.) CIRCUIT STEVEN	 CLASSIC DEEANNE	(7:30 a.m.) CIRCUIT KATHY	 YOGA JANE		
9:00 AM	 CHERI	 DENA	 DENA	AQUA FITNESS ANJA	AQUA FITNESS LISA	AQUA ZUMBA KATHY	(8:15 a.m.) EILEEN
10:15 AM	YOUNG@HEART AQUA CAROLINE		(10:30 a.m.) CHERI		YOUNG@HEART AQUA TBD		
10:40 AM	TAI CHI TOM	 CLASSIC SHIRLEY	(10:30 AM) TAI CHI TOM	 CLASSIC STEVEN	TAI CHI TOM		
11:15 AM							
12:00 PM		 ELIZABETH		 JEN	YIN YANG YOGA ELIZABETH		
6:00 PM	AQUA FITNESS BONNIE	(7:40PM) ANJA	AQUA FITNESS BONNIE				

- Members are required to sign-up for all classes. Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.
- All studios are climate controlled for each class based upon the general population.
- For safety purposes, classes are closed 10 minutes after their scheduled start time.

**6210 Riverside Plaza LN NW
Albuquerque, NM 87120
(505) 899-0086**

Get in the know. Please download our APP for the most current class times.

CLASS DESCRIPTIONS

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. **BIS**

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

SilverSneakers®, Classic: is designed to increase strength, range of movement, balance and coordination and to improve physical fitness and well being through exercises utilizing hand weights, resistance tubing, a chair and the SilverSneakers® ball. **BS**

SilverSneakers®, Circuit: is a great complement to SS I. It incorporates a cardio workout with the use of the resistance tubing, hand weights and SilverSneakers® ball 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**

WaterinMotion®: the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels, Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. **BIAS**

Aqua Fitness: A moderate to high intensity workout utilizing the natural resistance of water. This class is designed to improve cardiovascular fitness, muscular strength and endurance. **BIAS**

Pilates Mat: Exercise for all levels of ability focusing on strength, flexibility and balance with an emphasis on the core muscles. **BIS**

Young at Heart Splash™: is designed to help increase agility, range of movement and cardiovascular endurance. **BS**

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

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**