



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH RIVER

Group Exercise Winter 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am (D) Bootcamp	5:15 am (C) Cycle	5:15 am (D) Bootcamp	5:15 am (B) 	5:15 am (D) Bootcamp	8 am (C) Cycle
9 am (A) Bootcamp	8:30 am (A) Pilates	8 am (A) Cardio Sculpt	8:30 am (A) Core2Floor	9 am (B) 	9 am (B) Zumba®
9 am (B) Cardio Sculpt	9 am (B) Low Impact	9 am (B) 30 min HIIT	9 am (B) Low Impact	9 am (A) Cardio Sculpt	10:15 am Flow Yoga (75 min)
9:30 am (D) SilverSneakers®1	9:30 am (D) SilverSneakers®2	9:30 am (D) SilverSneakers®1	9:30 am (D) SilverSneakers®2	9:30 am (D) SilverSneakers®1	10:30 am (B)
9:30 am (E) Chair Yoga- New		9:30 am (C) 		10:00 am (C) 30 min	
9:30 am (C) Cycle	9:30 am (C) Cycle	9:30 (E) Chair Yoga	9:30 am (C) Cycle	10:15 am (B) Zumba®	Room Codes: A: Community Room B: Small Gym C: Cycle studio D: Large Gym E: Pavilion F: Small Group Room **Additional fee required for Youth Box Fit Class
10:00 am (B) Zumba®		10:00 am (B) Zumba®	10:00 am (A) 45 min.	10:45 am (A) Yoga	
10:45 am (A) Yoga	10 am (A) 		11 am (A) PIYo		
12 pm (C) 					
12 pm (B) Pump		10:45 am (A) Yoga	11 am (B) Tai Chi for Fall Prevention		
1 pm (A) Tai-Chi	12 pm (B) Bootcamp	12 pm (C) 	12 pm (B) Bootcamp	1 pm (A) Tai-Chi	
4:30 pm (C) Cycle (45 min)	1 pm (B) Zumba® Gold	4:30 pm (A) STRONG	1 pm (B) Zumba® Gold	4:30 pm (F) Youth Box Fit** Ages 8+	
4:30 pm (A) Barre	4:45 pm (B) 60min 	5:30 pm (A) Piloxing	4:30 (C) 	4:30 pm (A) STRONG	
5:30 pm (B) Cardio Sculpt	5:45 pm (A) YIN Yoga* (slow, deep stretch)		5:45 pm (A) Slow Flow Yoga		
6:00 pm (C+A) Spoga	6 pm (B) Zumba®		6 pm (B) Zumba®		

SPECIAL NOTES:
We recommend bringing a water bottle and a small towel to class
All classes are 50 minutes unless otherwise noted.
Please put equipment away and exit the room quickly so that the next class can begin on time

Group Exercise Class Descriptions



BODYPUMP® is the "original barbell" class that strengthens your entire body and challenges all your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! ****MIXED LEVELS- MODERATE INTENSITY***

BARRE	Ballet inspired class incorporation traditional ballet into the workout. You will use elements of dance, pilates, yoga, strength training, and functional fitness. ** Mixed levels/Moderate to High Intensity **
CARDIO SCULPT	Maximize your exercise with intervals of step aerobics, strength training, core conditioning, and more. **ALL LEVELS**
CORE2FLOOR	A class focusing on the abdominals, buttocks, and hips. A wide variety of exercises are used to target the muscles in these areas with the intent to tone and strengthen.
PiYo	combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
LOW IMPACT	Join the fun and fellowship. This class focuses on low-impact aerobics, strength training, and balance training. Low Impact is great for beginners or those returning to exercise. **ALL LEVELS**
PUMP	A complete body workout targeting each major muscle group using multiple joint moves, body weight exercises and isolating targeted muscles. Class includes constant variation to stimulate and recruit different muscle fibers. **MIXED LEVELS/ MODERATE INTENSITY**
PILATES	Controlled exercises blending strength and flexibility training. Improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. **ALL LEVELS**
PILOXING	Mix between Pilates and Boxing geared towards women, with the mental and physical goal of attaining a powerful self-image. This form of exercise that will not only strengthen your core, but sculpt and elongate your muscles.
	
	RPM is a licensed and choreographed indoor cycling class. The ride is set to the rhythm of motivating music, which takes you on various terrains, all led by a certified and inspiring coach. This ride is sure to get your heart rate up and burn serious calories.
SILVER SNEAKERS	(1) Classic: Exercises designed to increase muscular strength, range of motion, and activities of daily living. A chair is used for seated and/ or standing support. (2) CIRCUIT Easy to follow, low-impact movements, upper body strengthening, and core conditioning. This class requires a little more balance and coordination. **ALL LEVELS**
SPOGA	Intervals of intense climbs and powerful sprints which have you ready to hop off your bike and onto your yoga mat for a deep stretch. 30 minutes of cycle/ 30 minutes of yoga.
TAI CHI	A slow moving, non-contact form of martial arts. Improves balance, quality of sleep and mental focus • Helps strengthen legs and correct posture • Increases flexibility and bone density **GENTLE- ALL LEVELS**
YOGA	More athletes are discovering what the integrated mind-body approach to total wellness can do. Yoga will stretch and strengthen your body in a totally new way to help relieve tension from your body that blocks energy flow and makes you more vulnerable to injury and illness. **ALL LEVELS**
ZUMBA®	Latin inspired dance fitness class that incorporates Latin and international music and dance movements. *ALL LEVELS.
Zumba Gold ®	A modified Zumba class that recreates the original moves you love at a lower-intensity.
CHAIR YOGA	A gentle form of yoga practiced either standing or seated. Perfect for those with mobility issues.
STRONG BY ZUMBA	Stop counting the reps. Start training the beat. Strong by Zumba combines HIIT with choreography taught by your favorite instructors.
YOUTH BOX FIT	(ADDITIONAL FEE) Train like a professional in a NON CONTACT boxing environment Includes a mixture of balance, quick movement, focus, stance, guard, foot work, and striking both heavy bags and speed bags. You'll build strength and cardiovascular endurance, and work your body in a whole new way. **MIXED LEVELS/ MODERATE INTENSITY** Ages 8+ Must fill out youth registration form.
HIIT	Learn to train your body to tolerate and quickly recover from periods of high-intensity exercise. **High Intensity