

Group Exercise Schedule

June 1 -
 August 31 2014



Holiday GE Class Schedule:
 All GE classes are taught on holidays that the Recreation Center is open for regular hours. All classes are cancelled when the facility has shortened hours. Class schedule is available on our website at www.peoriaaz.gov/RioVista

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:25am	SilverSneakers® Classic Sally	SilverSneakers® Cardio John	SilverSneakers® Yoga Sally	Tai Chi Mirella	SilverSneakers® Cardio John	
8:30-9:25	SilverSneakers® Yoga Sally	SilverSneakers® Cardio Tammy	SilverSneakers® Classic Sally	SilverSneakers® Cardio Tammy	SilverSneakers® Classic Tammy	
8:30-9:25	30/30 Rebekah	Cardio Pilates Pam	Hi/Low Aerobics Natalie	Bootcamp Pam		
9:00-9:55	x	x	x	x	x	Step Plus Holly
9:30-10:25	Step Basics Holly	Tabata™ Tammy	Aerobics & Ball Sally	Tabata™ Tammy	Pilates Basics Tammy	x
10:00-10:55	x	x	x	x	x	Zumba® Valli
10:30-11:25	Pilates Basics Maxine	Yoga Basics Tammy	Zumba® Terri	Yoga Basics Tammy	Strength 101 Tammy	10am - Cycle Fit* (Dance Studio) Brian
10:30-11:25			Pilates Basics (Dance Studio) Maxine			11am - 12pm LEAN Teens
5:30-6:25pm	Cycle Fit* (Dance Studio) Jeff	x		x	x	
5:30-6:25	Cardio Kickbox Donovan	Strength 101 Rebekah	Cardio Sculpt Marie	Zumba® Terri	x	
6:30-7:25	Step & Abs Natalie	Zumba® Valli	Zumba® Kristen	Yoga Natalie	x	
7:00-7:55	x	x	x	Cycle & Abs* (Dance Studio) Brian	Bootcamp Brian	
7:30-8:25	Yoga Basics Natalie	x	Pilates Basics Maxine	x	x	



***CYCLE FIT CLASSES - DUE TO LIMITED SPACE, YOU MUST SIGN UP WITH THE FITNESS STAFF NO MORE THAN 30 MINUTES BEFORE CLASS - NO RESERVING BIKES FOR OTHERS**

Rio Vista Recreation Center Group Exercise Class Descriptions

30/30 – 60-minutes split into a strength and cardio workout.

Aerobics & Ball – A combo of aerobic activity and body work on the big resistance balls.

Cardio Kickbox – A high energy workout for the whole body!

Cardio Pilates – A blend of Pilates moves with a cardio kick!

Cardio Sculpt – A blend of cardiovascular exercise, strength training and core exercises.

Cycle Fit – A cycling class indoors on specialized stationary bikes – a great workout for all levels of fitness!

Cycle & Abs – 45-minutes on the bike and a strong finish of core exercises.

Bootcamp Basics – A round-robin of timed cardio and strength stations without the fluff!

Hi/Low Aerobics – A mix of higher and lower intensity aerobics – back to some “old school” exercise!

Pilates Basics – A class geared towards teaching you the basic principles of Pilates. Pilates involves a series of controlled movements to strengthen and lengthen muscles with a focus on body alignment and breathing.

SilverSneakers® Cardio – “Get Up & Go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, upper-body strength, abdominal conditioning, and stretching and relaxation exercises designed to energize your active lifestyle.”

SilverSneakers® Classic – “Have fun and move to the music through a variety of exercises designed to increase muscular strength, range-of-motion, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance; a chair is available, if needed, for seated or standing support.”

SilverSneakers® Yoga – “SS Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range-of-motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.”

Step Basics – A tried and true exercise program staple! Basic Step moves that everyone can follow with guidance to your skill and fitness level.

Step Plus – The *Plus* means you that extra level of choreography!

Step & Abs – Step class that finishes with a good core workout!

Strength 101 – A class dedicated to strength development for all levels.

Yoga Basics – A beginner class to introduce you to the basic Yoga postures or *asanas*. Yoga is used to develop mind-body connections, reduce tension, and stretch and strengthen muscles.

Tabata™ - A high intensity workout to whip you into shape – 20-seconds of work, 10-seconds of rest!

Tai Chi – A Chinese martial art that focuses on balance, movement and breathing to quiet the mind and body.

Zumba – A Latin-beat aerobics dance class to burn calories while having fun!