

GROUP FITNESS SCHEDULE Fall 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
♥F.I.T Circuit 8:00am–8:55am <i>Hillary</i>	☐Express Circuit 6:00am–6:45am <i>Carlos</i> ♥Cardio Fusion 9:00am–9:55am <i>Tamika</i> ○Meditative Yoga 9:15am–10:15am <i>Lisa O.</i>	♥Masala Bhangra Bollywood 8:15am–9:10am <i>Deborah</i> ♥Supreme Sculpt 9:30am–10:25am <i>Susan</i>	♥Bar Bhangra 8:15am – 9:10am <i>Deborah</i> ♥Pilates Mat (Beg.) 9:15am–10:10am <i>Susan</i> ○Meditative Yoga 9:15am–10:15am <i>Lisa O.</i>	♥Cardio Fusion 8:15am – 9:10am <i>Tamika</i> ♥ Zumba + 9:15am–10:10am <i>Tamika</i>	☐Express Circuit 6:00am–6:45am <i>Carlos</i> ♥Masala Bhangra Bollywood 8:15am–9:10am <i>Deborah</i> ♥ Cardio Fusion 9:15am–10:10am <i>Patricia</i> ○Meditative Yoga 9:15am–10:15am <i>Lisa O.</i>
♥Gentle Yoga 11:15am–12:15pm <i>Lisa O.</i>	♦SilverSneakers® Strength & R.O.M. 10:15am–11:10am <i>Tamika</i> ♦SilverSneakers® Yoga Stretch 11:15am–12pm <i>Tamika</i>	Aqua Zumba 10:45am–11:45am <i>Susan</i>	♥Zumba Gold 10:15am–11:15am <i>Susan</i>	♦ SilverSneakers® Cardio Circuit 10:15am–11:10am <i>Tamika</i> Aqua Zumba Noon–1:00pm <i>Susan</i>	♦ SilverSneakers® Strength & R.O.M. 10:15am–11:10am <i>Patricia</i>
♥Aligned Movement and Yoga 1pm-2pm <i>Patrick</i>	♥Pilates Mat (Int.) 6:30pm–7:25pm <i>Susan</i>	♥Yoga Fundamentals 6:15pm–7:10 pm <i>Ashley</i>	♥Vinyasa Flow 6:30pm – 7:30pm <i>Eva</i>	♥ Zumba 6:30pm–7:30pm <i>Aliette</i>	
♥Pilates Mat 6:30pm–7:25pm <i>Ashley</i>		♥Zumba 7:15pm–8:15 pm <i>Aliette</i>		♥Pilates Mat 7:35pm – 8:30pm <i>Ashley</i>	
		♥Belly Dancing 8:20pm-9:15pm <i>Noora</i>			

♦Gymnasium/SC Level ~ ☐Fitness Center ~ ♥Aerobics Studio ~ ○Ballet Studio ~ ⌘Boardroom

Join our group fitness email list. To sign up contact our Director of Fitness and Wellness.
Nadeem Kazi at Nkazi@riverdale.org

Aligned Movement & Yoga: "In this class we'll learn principles of restorative alignment while freeing our body's potential with Natural Movement exercises and Yoga techniques"

Aqua Zumba: This water Zumba class will work your entire body in a non-impact environment. (Swim caps required)

***Barrelates:** This complete mat work class specifically targets the thighs, core & glutes.

****Belly Dancing:** This class incorporates isolation moves for upper & lower body, shimmies, & traveling moves that will be utilized in a choreographed routine.

Bar Bhangra: This Indian based fitness dance class incorporates a full body toning workout including body bars and dumbbells.

****Cardio Fusion:** This multi-impact class, including a sculpt segment, will help develop your cardiovascular system and enhance your muscular endurance.

*****Express Circuit:** This high intensity 45 minute workout will get you ready for your day! This circuit workout will build your endurance as well as your strength.

****F.I.T.Circuit:** This **Functional, Intense Training** class focuses on total body strengthening to improve joint mobility, coordination and flexibility. All levels welcome.

***Gentle Yoga:** This beginner yoga class is a great way to increase flexibility and mobility. A great introduction into yoga.

****Masala Bhangra:** Masala Bhangra is an Indian-dance based cardio fitness program that combines high energy Bollywood and Bhangra moves and is designed for people of all ages and fitness levels who love to stay physically active. The dance choreography, directly influenced by the music and dance of modern Bhangra and Bollywood styles, adds fun and spice to your workout routine!

Meditative Yoga: This yoga based class will focus on using the breath to go into various basic standing, seated & lying postures. The class will conclude with meditation. **(Please bring your own towel)**

****Pilates (Mat):** This class incorporates techniques that increase strength and flexibility, while focusing on proper alignment and core stability. These exercises focus on lengthening muscles and maintaining alignment. The emphasis is placed on form and control, and is aimed at increasing body awareness.

****Supreme Sculpt:** This total body conditioning class involves the usage of light weights, bands, and therapy balls.

Vinyasa Flow: A rigorous, more athletic approach to yoga with a focus on flowing poses, alignment and sequences that are linked to breath. Class accommodates all levels with modifications in poses for the beginner, intermediate and advanced yoga student.

****Zumba:** This high energy class incorporates a fusion of Latin & international music that combines aerobic/fitness interval dance routines. The combination of fast & slow rhythms will sculpt and tone the body.

***Zumba Gold:** targets the baby boomers. This Zumba class has the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba the zesty Latin music, like salsa, merengue, cumbia and reggae ton.

***Zumba +:** This class will incorporate half hour Zumba followed by ½ hour of abs and sculpt.

Silver Sneakers® @ the Y

SilverSneakers® I: Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® II: Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises. **(Note: This class requires 30 minutes of standing.)**

SilverSneakers® : Yoga Stretch

This class 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 postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

***Beginner - ** Intermediate - ***Advanced**