


APRIL 2019 RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 Moi Cycling-Melissa 10:20 Tai Chi-John 4:30-Barre Strength-Alya	2 8:00AM Align Flow - River 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 12P-EPIC fundamentals-Emily	3 8:00AM Slow Flow - Lisa G 9:15EpicPerform Amanda 10:20am Tai Chi-John 6PM Slow Flow-Shelly	4 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM BodyFit-Lisen 10:45AM Ageless Fit. - John 12P CardioCoreRestore-Amy	5 8:00AM Slow Flow - Shelly 9:30am Barre Sculpt-Marissa 10:30 Aromapilates-Marissa	6 8:15-Spin with John
7 Stretch&Restore 5PM with Lindsay	8 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 Moi Cycling-Stephanie 10:20 Tai Chi-John 4:30-Barre Strength-Alya	9 8:00AM Align Flow - River 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 12P-EPIC fundamentals-Emily	10 8:00AM Slow Flow - Lisa G 9:15EpicPerform Amanda 10:20am Tai Chi-John 6PM Slow Flow-Shelly	11 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM BodyFit-Lisen 10:45AM Ageless Fit. - John 12P CardioCoreRestore-Amy	12 8:00AM Slow Flow - Shelly 9:30am Barre Sculpt-Marissa 10:30 Aromapilates-Marissa	13 8:15-Spin with John
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28 Stretch&Restore 5PM with Lindsay	29 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 Moi Cycling-Stephanie 10:20 Tai Chi-John 4:30-Barre Strength-Alya	30 8:00AM Align Flow - River 9:15 Body Fit-Lisen 10:45AM Ageless Fit. - John 12P-EPIC fundamentals-Emily		Like us on FACEBOOK and visit rvrma.org for more fitness info! Or call 963-6300 with any questions.	All classes are included in HOA dues unless otherwise noted!	Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 8pm

Ageless Fitness: Get up and go with a class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Alignment Flow: A great basic flow to start your day with a well-rounded yoga practice. (Beg/Int)

Aroma Pilates: This class unites the power of Pilates with the healing benefits of essential oils. You will leave this workshop feeling stronger, with better alignment, and a general sense of peace and calm.

Barre Sculpt: This is a very dynamic class! This class will combine a warmup with strength training, core/Pilates, stretch/yoga and Barre techniques.

Barre Strength:Upper-body strength, core strength improved flexibility and posture are among the benefits. For older adults, having a stronger core – which promotes balance – reduces their risk of falls, and classes offer the security of having the barre to hold. Barre Strength is an AMAZING workout that can put you in the best shape Bar work develops strength, tone, flexibility, balance, and grace — even if you don't start out with any! Whether you're 20 or 70, it is just good fitness.

Body Fit: Total body conditioning through cardio, strength, and endurance training. We use steps, circuits, and resistance items like the bands, balls, and dumbbells to improve releasing stress.

Cardio, Core & Restore: The first 20 minutes will include a challenging full body warm-up and strength building, second 20 minutes will focus on core, third 20 minutes stretching

E.P.I.C. Fundamentals: An effective training, reconditioning and injury prevention workout designed to teach you the fundamental concepts of functional strength training.

E.P.I.C. Performance: Endurance, Power, Intensity, Coordination

MOI Cycle: Integrates exercise, science, hi-tech monitoring and the music that inspires your mind to overcome, engage, and embrace the intensity of the ride.

Rise Up Yoga: This ALL LEVELS class will be a set series for people to develop and work at their own level to develop a calmness of mind, balance in body, clarity of purpose.

Slow Flow Yoga: Designed to strengthen muscles, improve balance, increase flexibility, and relax the mind, body, and spirit. (Slow Flow=Beg/Int, Advanced Flow=Int/Advanced)

Soo Bahk Do Moo Duk Kwan Is the name of the Style, It is a Traditional Korean Martial Art. It focuses on self defense, For kids!

Spin & Indoor Cycling: Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! Come burn calories and increase endurance!

Stretch & Restore Yoga: Half active stretch class into a slow calm restorative for the second half of class

Tai Chi: A gentle form of exercise that yields powerful results. Improved balance and agility, increased strength and stamina and general physical fitness without the usual workout injuries or joint stress

Yogalates: Breath control, balance, simple meditation and alignment applied from progressively basic to more advanced postures. Knock on the door of physical obstructions and limitations. Open it and enter a world of increased performance, informed bodily awareness and proprioception.