

JUNE 2019 RVR RANCH HOUSE GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Like us on FACEBOOK and visit rvrma.org for more fitness info! Or call 963-6300 with any questions.</p>	<p>Current Ranch House Hours Mon-Fri 6am to 9pm Sat-Sun 8am to 9pm</p> 	<p><i>All classes are included in HOA dues unless otherwise noted!</i></p>				<p>1 8:15AM Spin - John</p>
<p>2 Stretch&Restore-Lindsay 6PM</p>	<p>3 8:00AM Pilates - Meredith 9:00AM Water Aerobics-Barb 9:15-MOI cycle-Stephanie 10:20 Tai Chi-John</p>	<p>4 8:00AM Align Flow - Shelly 9:30- EPIC fundamentals-No class 10:45AM Ageless Fit. - John</p>	<p>5 8AM Slow Flow yoga - Lisa G 9:00AM Water Aerobics-Barb 9:15-CardioCoreRestore-Amy 10:20am Tai Chi-John</p>	<p>6 8:00AM Yogalates - Anthony 9:15 TAC EPIC Perf.- Amanda 10:45AM Ageless Fit. - John</p>	<p>7 8:00AM Slow Flow - Shelly 9:00AM Water Aerobics-Barb 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p>8 8:15AM Spin - John</p>
<p>9</p>	<p>10 8:00AM Pilates - Meredith 9:00AM Water Aerobics-Barb 9:15-MOI cycle-Stephanie 10:20 Tai Chi-John</p>	<p>11 8:00AM Align Flow - Shelly 9:30- EPIC fundamentals-Emily 10:45AM Ageless Fit. - John</p>	<p>12 8AM Slow Flow yoga - No class 9:00AM Water Aerobics-Barb 9:15-CardioCoreRestore-Amy 10:20am Tai Chi-John</p>	<p>13 8:00AM Yogalates - Anthony 9:15 TAC EPIC Perf.- Amanda 10:45AM Ageless Fit. - John</p>	<p>14 8:00AM Slow Flow - Shelly 9:00AM Water Aerobics-Barb 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p>15 8:15AM Spin - John</p>
<p>16</p>	<p>17 8:00AM Pilates - Meredith 9:00AM Water Aerobics-Barb 9:00AM Water Aerobics-Barb 10:20 Tai Chi-John 4:30 Yoga Workshop-River</p>	<p>18 8:00AM Align Flow - Shelly 9:30- EPIC fundamentals-Emily 10:45AM Ageless Fit. - John</p>	<p>19 8AM Slow Flow yoga - Lisa G 9:00AM Water Aerobics-Barb 9:15-CardioCoreRestore-Amy 10:20am Tai Chi-No Class</p>	<p>20 8:00AM Yogalates - Anthony 9:15 TAC EPIC Perf.- Amanda 10:45AM Ageless Fit. - No class</p>	<p>21 8:00AM Slow Flow - Shelly 9:00AM Water Aerobics-Barb 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p>22 8:15AM Spin - No class</p>
<p>23 Stretch&Restore-Lindsay 6PM</p>	<p>24 8:00AM Pilates - Meredith 9:00AM Water Aerobics-Barb 9:15-MOI cycle-Stephanie 10:20 Tai Chi-No class</p>	<p>25 8:00AM Align Flow - Shelly 9:30- EPIC fundamentals-Emily 10:45AM Ageless Fit. - John</p>	<p>26 8AM Slow Flow yoga - Lisa G 9:00AM Water Aerobics-Barb 9:15-CardioCoreRestore-Amy 10:20am Tai Chi-John</p>	<p>27 8:00AM Yogalates - Anthony 9:15 TAC EPIC Perf.- Amanda 10:45AM Ageless Fit. - John</p>	<p>28 8:00AM Slow Flow - Shelly 9:00AM Water Aerobics-Barb 9:30AM Barre Sculpt-Marissa 10:30AM Aroma Pil.-Marissa</p>	<p>29 8:15AM Spin - John</p>
<p>30</p>						

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 releasing stress.

Cardio, Core and Restore (CCR) covers all the bases! We start with around 20 minutes of intervals to get the body really moving. Low and high impact choices are always presented, so you can work where you need to. Next we target the core muscles while also working in some upper body strength moves. Correct form and posture are emphasized. Finally, the stretch. Take about 12 minutes to lengthen those muscles and end with a final relaxation.....you will have earned it!

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.

Pilates: This class is designed with exercises to enhance postural alignment, coordination, strength and flexibility. The technique uses a systematic approach, which sequences exercises according to their direction of movement.

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)

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: By exploring the most subtle muscle functions of the body using breath, yoga, Pilates and alignment students will connect with their kinesthetic power, control, efficiency and balance. Your joints, spine, nervous system and body will thank you!