


MAY 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><i>All classes are included in HOA dues unless otherwise noted!</i></p>		<p>1 8AM Slow Flow yoga - Lisa G 9:15AM EPIC Perf.-Amanda 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 6PM Slow Flow yoga - CANCEL</p>	<p>2 6:15AM Spin - CANCEL 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John Noon-CardioCoreRestore-Amy</p>	<p>3 8:00AM Slow Flow - CANCEL 9:30AM Barre Sculpt-Marissa 10:00 Water Aerobics-Barb 10:30AM Aroma Pil.-Marissa</p>	<p>4 8:15AM Spin - John</p>
<p>5</p>	<p>6 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 MOI Cycle-Ginny 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 4:30 Barre Strength - Alya</p>	<p>7 8:00AM Align Flow - River 9:15AM Body Fit-Suzie 10:45AM Ageless Fit. - John Noon- EPIC fundamentals with Emily</p>	<p>8 8AM Slow Flow yoga - Lisa G 9:15AM EPIC Perf.-Amanda 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 6PM Slow Flow yoga - Shelly</p>	<p>9 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Suzie 10:45AM Ageless Fit. - John Noon-CardioCoreRestore-Amy</p>	<p>10 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:00 Water Aerobics-Barb 10:30AM Aroma Pil.-Marissa</p>	<p>11 8:15AM Spin - John</p>
<p>12</p>	<p>13 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 MOI Cycle-Stephanie 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 4:30 Barre Strength - Alya</p>	<p>14 8:00AM Align Flow Shelly 9:15AM Body Fit-Suzie 10:45AM Ageless Fit. - John Noon- EPIC fundamentals with Emily</p>	<p>15 8AM Slow Flow yoga - CANCEL 9:15AM EPIC Perf.-Amanda 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 6PM Slow Flow yoga - Shelly</p>	<p>16 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-CANCEL 10:45AM Ageless Fit. - John Noon-CardioCoreRestore-Amy</p>	<p>17 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:00 Water Aerobics-Barb 10:30AM Aroma Pil.-Marissa</p>	<p>18 8:15AM Spin - John</p>
<p>19</p>	<p>20 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 MOI Cycle-Stephanie 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 4:30 Barre Strength - Alya</p>	<p>21 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John Noon- EPIC fundamentals with Emily</p>	<p>22 8AM Slow Flow yoga - Lisa G 9:15AM EPIC Perf.-Amanda 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 6PM Slow Flow yoga - Shelly</p>	<p>23 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John Noon-CardioCoreRestore-Amy</p>	<p>24 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:00 Water Aerobics-Barb 10:30AM Aroma Pil.-Marissa</p>	<p>25 8:15AM Spin - John</p>
<p>26</p>	<p>27 6:45AM Rise Up Yoga-Alya 8:00AM Pilates - Meredith 9:15 MOI Cycle-Stephanie 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 4:30 Barre Strength - Alya</p>	<p>28 8:00AM Align Flow - River 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John Noon- EPIC fundamentals with Emily</p>	<p>29 8AM Slow Flow yoga - Lisa G 9:15AM EPIC Perf.-Amanda 10:00 Water Aerobics-Barb 10:20AM Tai Chi - John 6PM Slow Flow yoga - Shelly</p>	<p>30 6:15AM Spin - Susan 8:00AM Yogalates - Anthony 9:15AM Body Fit-Lisen 10:45AM Ageless Fit. - John Noon-CardioCoreRestore-Amy</p>	<p>31 8:00AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10:00 Water Aerobics-Barb 10:30AM Aroma Pil.-Marissa</p>	<p>Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 8pm</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.

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)

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

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!**