

SEPTEMBER 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>Labor Day Ranch House Hours 8-4 8:00AM Pilates - Meredith 10AM Water Aerobics-JoAnn</p>	<p>3 8:15AM Align Flow-Shelly 9:30AM EPIC fund.- Emily 10:45 Ageless Fitness - John</p>	<p>4 8:00AM Slow Flow - Lisa G 9:15AM Dynamic Cond..- Amy 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>	<p>5 8AM Yogalates - Anthony 9:15AM- Dynamic Conditioning- with Amanda 10:45 Ageless Fitness - John</p>	<p>6 8:15AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10AM Water Aerobics-JoAnn 10:30AM Aroma Pilates - Marissa</p>	<p>7 8:15AM Spin-John</p>	
	<p>8 5:00-Stretch and Restore-Lindsay</p>	<p>9 8:00AM Pilates-NO CLASS 9:15AM MOI Cycle-Stephanie 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John 12:00 Yoga Workshop with River</p>	<p>10 8:15AM Align Flow-Shelly 9:30AM EPIC fund.- Emily 10:45 Ageless Fitness - John</p>	<p>11 8:00AM Slow Flow - Lisa G 9:15AM Dynamic Cond..- Amy 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>	<p>12 8AM Yogalates - Anthony 9:15AM- Dynamic Conditioning- with Amanda 10:45AM Ageless Fitness-NO CLASS 10:45 Ageless Fitness - John</p>	<p>13 8:15AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10AM Water Aerobics-JoAnn 10:30AM Aroma Pilates - Marissa</p>	<p>14 8:15AM Spin-NO CLASS</p>
	<p>15</p>	<p>16 8:00AM Pilates-Meredith 9:15AM MOI Cycle-Stephanie 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>	<p>17 8:15AM Align Flow-Shelly 9:30AM EPIC fund.- Emily 10:45 Ageless Fitness - John 5:30 Qigong for healthy bones and joints with Cari Shurman</p>	<p>18 8:00AM Slow Flow - Lisa G 9:15AM Dynamic Cond..- Amy 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>	<p>19 8AM Yogalates - Anthony 9:15AM- Dynamic Conditioning- with Amanda 10:45 Ageless Fitness - John</p>	<p>20 8:15AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10AM Water Aerobics-JoAnn 10:30AM Aroma Pilates - Marissa</p>	<p>21 8:15AM Spin-John 9:15-10:45- Foam Roller Workshop with Judy Haynes</p>
	<p>22 5:00-Stretch and Restore-Lindsay</p>	<p>23 8:00AM Pilates-Meredith 9:15AM MOI Cycle-Stephanie 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>	<p>24 8:15AM Align Flow-Shelly 9:30AM EPIC fund.- Emily 10:45 Ageless Fitness - John</p>	<p>25 8:00AM Slow Flow - Lisa G 9:15AM Dynamic Cond..- Amy 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>	<p>26 8AM Yogalates - Anthony 9:15AM- Dynamic Conditioning- with Amanda 10:45 Ageless Fitness - John</p>	<p>27 8:15AM Slow Flow - Shelly 9:30AM Barre Sculpt-Marissa 10AM Water Aerobics-JoAnn 10:30AM Aroma Pilates - Marissa</p>	<p>28 8:15AM Spin-John 10AM- Nia with JoAnn</p>
	<p>29</p>	<p>30 8:00AM Pilates-Meredith 9:15AM MOI Cycle-Stephanie 10AM Water Aerobics-JoAnn 10:20AM Tai Chi - John</p>				<p>Current Ranch House Hours Mon-Fri 6am to 8pm Sat-Sun 8am to 8pm</p>	<p>All classes are included in HOA dues unless otherwise noted!</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.

Dynamic Conditioning The best full-body workout you can get in 1 hour! We've combined the best of some of your favorite classes – HITT, Functional Training, Pilates, and more – to give you the best workout imaginable. Class starts with a group mobility warm up, followed by an explanation of the workout format for that day and then a demonstration of the movements you will be performing. You then have 40-45 minutes of good, hard training ahead of you. Low and high impact choices are always presented, so you can work where you

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

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!