



Riverside Center Group Exercise Schedule

June 15, 2020 – September 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	6 – 6:45 a.m. Circuit Training	6 – 6:45 a.m. Cycle	6 – 6:45 a.m. H.I.I.T.	
11 - 11:30 a.m. Barre Blend	11 – 11:30 a.m. Cardio Barbell	11 – 11:30 a.m. Cardio Kickboxing**		11 – 11:45 a.m. Yoga
11:30 - 12 p.m. Cycle		11:30 – 12 p.m. Barre Blend	11:30 – 12 p.m. Cycle	
12 – 12:30 p.m. Cardio Barbell	12 - 12:30 p.m. H.I.I.T.			12 – 12:30 p.m. H.I.I.T.
	1:15 - 2 p.m. Yoga	1:15 – 1:45 p.m. Strength & Stability	1:15 - 2 p.m. Yoga	
4:15 – 5 p.m. H.I.I.T.	4:15 – 5 p.m. Cycle	4:15 – 5 p.m. Circuit Training	4:15 – 5 p.m. Barre Blend	

Visit www.riversidecorporatewellness.com for cancellations and/or class changes

Sign up required: <https://riversidecorporatewellness.schedulista.com/>

Bolded Classes offered virtually – to register for virtual classes visit <https://www.riversidecorporatewellness.com/events>

**Cardio Kickboxing begins July 6th

Class Descriptions

Cardio Barbell

A fun and effective opportunity to strength train in a small group setting using barbells and free-weight plates. Instructors will impart safe and effective exercises that will contribute to the improvement in strength, positive changes in body composition relative to muscle mass and increased confidence in free weight training. Join us in helping you achieve an improvement in overall strength. Orientation necessary prior to attending class.

Barre Blend

Focusing on core postural muscles which help keep the body balanced and awareness of breathing, the goal of this class is to strengthen the deep muscles of the torso, promote proper alignment of the spine, and the fluid movement of muscular contractions. Incorporating the Pilates Barre and other core focused exercises for a fun and challenging class.

Cardio Kickboxing

Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges you no matter your level of fitness. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Yoga

Utilize proper breathing techniques while incorporating muscular endurance and flexibility to assist overall mind-body relaxation.

Strength & Stability

Focus on strength training while maintaining and strengthening core stability through systematic muscle recruitment, isolation, and conditioning.

H.I.I.T.

Alternating short periods of intense exercise with less intense recovery periods. Take on strength training, as well as improving overall cardiovascular fitness. All exercises can be modified to fit your fitness level. Every class will be a little different, formatting like Tabata or other timed intervals will be used.

Circuit Training

Circuit Training is a high intensity workout offering intervals of strength, cardio, and core work with short rest intervals. Moving from different stations in class and using a variety of equipment.

Cycle

Indoor cycling classes are designed to challenge aerobic capacity as well as the endurance and power of the large muscle groups while sustaining and improving core stability. It starts with a gradual warm up and stretch, a period of cardiovascular challenge, and ends with a cool down and muscle stretch off the bike. Class orientation and bike reservation required. *Orientation Required*