







# RIVERSIDE

CORPORATE WELLNESS

July 6 - September 3

## GROUP EXERCISE SCHEDULE

| TIME       | MONDAY  | TUESDAY                         | WEDNESDAY             | THURSDAY        | FRIDAY  |
|------------|---|---------------------------------|-----------------------|-----------------|---|
| 6:00 a.m.  |   | Strength & Stability            | Cycle<br>*45 minutes* |                 | <b>H.I.I.T.</b>   |
| 6:30 a.m.  |                            | Core & Cooldown<br>*15 minutes* |                       |                 |  |
| 12:00 p.m. |   |                                 |                       |                 | <b>Yoga</b><br>Myra   |
| 1:00 p.m.  |   | <b>H.I.I.T.</b>                 |                       | <b>H.I.I.T.</b> |   |
| 1:15 p.m.  | Strength & Stability<br> |                                 | Strength & Stability  |                 |   |
| 5:00 p.m.  |                          | <b>H.I.I.T.</b>                 | <b>Yoga</b>           | <b>H.I.I.T.</b> |   |
| 5:30 p.m.  |   | Core & Cooldown<br>*15 minutes* |                       |                 | Core & Cooldown<br>*15 minutes*   |