








RIVERSIDE

CORPORATE WELLNESS

July 6 - September 3

GROUP EXERCISE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		Strength & Stability Matt	Cycle		H.I.I.T. Emma/Drew
6:30 a.m.		Core & Cooldown *15 minutes*	*45 minutes* Maggie/Dawn		Core & Cooldown *15 minutes*
12:00 p.m.					Yoga Myra
1:00 p.m.		H.I.I.T. Erik/Jayne		H.I.I.T. Anna Leigh	
1:15 p.m.	Strength & Stability Jayne 		Strength & Stability Erik		
5:00 p.m.		H.I.I.T. Joe		H.I.I.T. Joe/Bryce	
5:30 p.m.		Core & Cooldown *15 minutes*	Yoga Myra	Core & Cooldown *15 minutes*	Red = 60 minute class Black = 30 minute class Bold = Virtual & In-Person