



# River Glen

## GROUP EXERCISE CLASS SCHEDULE

### MONDAY

6:15-7:00AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:30-10:30AM	ZUMBA	MARLA PRIMACK	UPPER STUDIO
9:30-10:30AM	H2O BLAST	MEGAN KRAUS	LAP POOL
9:30-10:30AM	PILATES MAT 1	CHASE BELL	LOWER STUDIO
10:00-10:45AM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
10:30-11:00AM	CORE STRONG	MARLA PRIMACK	UPPER STUDIO
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	JOHN MURPHY	WARM POOL
5:45-6:45PM	HOT YOGA	KATHI CASTLE	LOWER STUDIO
5:45-6:45PM	STEP FUSION	JANE ZIEN	UPPER STUDIO

### TUESDAY

6:15-7:00AM	BTS	NEILA BOND	UPPER STUDIO
8:30- 9:15AM	HIIT & CORE	EVA BROOKS	UPPER STUDIO
9:15-10:15AM	HOT YOGA	POORNIMA PRADEEP	LOWER STUDIO
9:30-10:15AM	BARRE FUSION	EVA BROOKS	UPPER STUDIO
9:30-10:30AM	H2O BLAST	BECKY DURANTE	LAP POOL
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	JOANN JACKSON	WARM POOL
5:30-6:15PM	SPIN	ELLEN NAGY	CYCLE STUDIO
5:45-6:45PM	VINYASA YOGA	VARIES	LOWER STUDIO

### WEDNESDAY

6:15-7:00AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:30-10:30AM	VINYASA YOGA	ALISSA PRATER	LOWER STUDIO
9:30-10:30AM	H2O BLAST	MEGAN KRAUS	LAP POOL
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
5:30-6:30PM	FUNCTIONAL POWER YOGA	KRISTIN WILLIAMS	LOWER STUDIO
5:45-6:45PM	CS60	KATHERINE GOBERMAN	UPPER STUDIO

### THURSDAY

5:45-6:45AM	HOT YOGA	PAULA BIENIEWSKI	LOWER STUDIO
9:15-10:15AM	BODY COMBAT	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	ZUMBA	DANIELLE SECTZER-WAGNER	LOWER STUDIO
9:30-10:15AM	H2O BLAST	CRAIG CHARLTON	LAP POOL
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
12:00-12:45PM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
5:45-6:30PM	ZUMBA	JANE ZIEN	UPPER STUDIO
6:30-7:30PM	H2O BLAST	NEILA BOND	LAP POOL

### FRIDAY

6:00-6:45AM	PILATES MAT II	MELISSA ABRAMOVICH	LOWER STUDIO
7:30-8:00AM	PILATES MAT I	SANDY BYRNE	LOWER STUDIO
8:15-9:00AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:15-10:15AM	BODYPUMP	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	BARRE	AMY CUNNINGHAM	DANCE STUDIO
9:30-10:30AM	H2O BLAST	NICOLE PEARSON	LAP POOL
10:30-11:30AM	VINYASA YOGA	PAULA BIENIEWSKI	LOWER STUDIO
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	NICOLE PEARSON	WARM POOL

### SATURDAY

8:15-9:15AM	KICK AND TONE	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	AQUA ZUMBA	BOBBIE MCCAIN	LAP POOL
9:30-10:15AM	SPIN	MELISSA ABRAMOVICH	CYCLE STUDIO
9:30-10:30AM	ZUMBA	JANE ZIEN	LOWER STUDIO
9:30-10:00AM	CORE	AMY HALL	UPPER STUDIO
10:00-11:00AM	BODY COMBAT	AMY HALL	UPPER STUDIO

### SUNDAY

8:30-9:15AM	PILATES MAT 1	CHASE BELL	LOWER STUDIO
9:30-10:30AM	HATHA YOGA	DANIELA SOLOMAN	LOWER STUDIO
10:00-11:00AM	HIIT & STRENGTH	DANIELLE HAWI	UPPER STUDIO

**PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.**  
**ALL CLASSES ARE SUBJECT TO A \$10 24-HOUR LATE CANCELLATION FEE AND A \$15 NO-SHOW FEE.**

