

RIVER GLEN GROUP EXERCISE CLASS SCHEDULE

MONDAY

6:15 - 7:15AM S3
7:30 - 8:00AM BARRE
8:15 - 9:15AM GENTLE YOGA
9:30 - 10:30AM H2O BLAST
10:00 - 10:45AM SPIN
10:45 - 11:30AM ARTHRITIS FOUNDATION AQUATICS
5:15 - 6:15PM LES MILLS BODY PUMP
5:45 - 6:45AM HOT YOGA
6:00 - 6:45PM SPIN

TUESDAY

6:00 - 6:45AM YOGA SCULPT
8:15 - 9:00AM SPIN
8:30 - 9:15AM LES MILLS CORE
9:30 - 10:30AM H2O BLAST
9:30 - 10:15AM CARDIO SCULPT
10:30 - 11:15AM PILATES MAT II
10:30 - 11:15AM NEW ENERGY STRENGTH
11:30 - 12:15PM ARTHRITIS FOUNDATION AQUATICS
5:30 - 6:15PM SPIN
6:00 - 7:00PM VINYASA YOGA

WEDNESDAY

6:15 - 7:00AM S3
7:30 - 8:00AM BARRE
8:15 - 9:15AM GENTLE YOGA
9:30 - 10:30AM H2O BLAST
10:30 - 11:15AM NEW ENERGY STRENGTH
11:30 - 12:15PM ARTHRITIS FOUNDATION AQUATICS
5:30 - 6:30PM CS60

THURSDAY

8:15 - 9:00AM SPIN
9:15 - 10:15AM LES MILLS BODY COMBAT
9:30 - 10:15AM H2O BLAST
10:45 - 11:30AM ARTHRITIS FOUNDATION AQUATICS
12:00 - 12:45PM SPIN
6:00 - 6:45PM BARRE

FRIDAY

6:00 - 6:45AM BARRE
7:30 - 8:00AM PILATES MAT II
8:15 - 9:00AM GENTLE YOGA
8:30 - 9:00AM SPIN
9:15 - 10:15AM LES MILLS BODY PUMP
9:30 - 10:15AM BARRE
9:30 - 10:30AM H2O BLAST
10:30 - 11:30AM VINYASA YOGA
10:45 - 11:30AM ARTHRITIS FOUNDATION AQUATICS

SATURDAY

7:30 - 8:30AM SPIN
8:15 - 9:15AM KICK AND TONE
9:15 - 10:15AM AQUA ZUMBA
9:30 - 10:15AM SPIN
9:30 - 10:30AM ZUMBA
9:30 - 10:00AM LES MILLS CORE
10:00 - 10:45AM LES MILLS BODY COMBAT

SUNDAY

10:00 - 11:00AM HIIT & STRENGTH

**PLEASE MAKE YOUR CLASS RESERVATION
IN THE MEMBER APP**

SCHEDULE IS SUBJECT TO CHANGE, PLEASE CHECK THE MEMBER APP FOR THE MOST UP-TO-DATE INFORMATION.

